10a
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Nullus debet sumere n
bñ si stomachus sit vitiat
cognoscat tñ q. stomachus sit vi
ciat q. nō p̄cessit digestio et
si tempus ab sumptō abi ex
citant se et balneant se et q. ap
petat et illud det ei abo aliu
stomachū prius repleb̄tur
hñ se tunc. Et si forte tempus
det abq; cibus sumsit febrē aptā
et sitim si q. nimis stomachū
bonū et simile ymici et enorme
et suam malos ḡstinatos et
sibi cibū tñ comedens est
optimus de tritico mundo collecto
in tempo festabi nō corrupto nō
empticio. Postea sumpsit pestilen
tiā et q. sit de loco ubi et nō
finito et q. primo et bn audi
et bn sermocinari et cū tepti
spū sanc et q. sit de omore
bono. ¶ De vino vini et
liqñ atq; mihi matutini
de nomi. ¶ De aq; tepida et
contra frigi mixta et
de loco mundo que sol possit
et mane ¶ De aby
nb; abyssus sunt et mane a
gm vinū comedant virtutes
dantur et ex una porcione i-

colerit mor et mityte et de gi
ribi vt sint pulli de pulle gi
me p̄dic sumi ciborum sub
tum et de loco computestes
sibles no vi degentes m aqe
et p̄ adhuc m reperi sine em
de meis cibosis meis vti
et pabi sōmosis de agme mi
dis et vitabo omes scabiles. Si
sunt que computrib̄ dat et reg
ut. ¶ De fructib; cuiusch tmm
omes fructo et olera sit legmi
na et omedm ad sm missi velleb; ve
si mediana si dicti loco suo
Solus tñ et mis est ab
di fecit legis vite pambatice si et
sibit ad debilē vitet q. ut
legie sanitatis omes ubi qui sicut
dō m exessit sine tmō mitiga et
dulcis sit cōsideratio aptā ribi
bitet q. nozie sequam et p̄ia
pabq; de ali. ¶ De ali ubi q. pte
vite cerebi et bn m legie sanitatis
et p̄ osdere replexione corpus et gei
ubi et substantia ei itellect
p̄ cha et doctina et exemplū q
sit. q. ois cōplexio et tepta et
instēpata si tepata sit debet dupo
stea si instēpata et est bti et
et sub egritudine si sub bti sati

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digestiua roziñ petij. ¶ Quando
ab; fuit cu; magnj; febrjb;
aguta. Et; si fuer; mag; accidenti
e opilacon. ¶ Et; si v; alterole-
v; dolor; capit; q̃ciosio; rethuke
mor; mandra; e lepram e rta
de aliq;. ¶ Quando fuit vigil
e; diuj; mag; emotiuu et
febrib; cyaticis. Cauenda; igit
cu diligencia vt; stomacu; abis
e; potib; no; repleat; si ante p
nfortuna vomita accidat; e
statu; enomat; acti; igit; aqua
cu oleo e; sec; attenuet; e; enomat;
Et; si no; p; enome; stet; sup; pe
fuer; longo t; dem; tormat;
que; igit; t; s. o. 12 ptica de
nigeo sanat; cu 2 copet; sep;
vt; ab; digat; e; vigilie vt; sup-
fluit; expellat; si aut; tormj;
no; p; medat; stamu; e; nitro t;
e; no; acti; ab; in; potu; da; 2
horu; dem; accipiat; brodiu
gallin; cu modico pane e; vno
haustu; vnu; pi; obrib; q̃
tezan; bro; exeat; se; fortif;
e; balneo; deinde; panis; come-
dat; deinde; ter; a; vta; olectu-
ario; quo; vtebat; e. inde; q̃ri
stitat; mitigat; et; i; breuj;

ipn. ¶ De ordine aboz; ciboz; q̃-
dm; est; lenitiuj; ventriu; e; q̃dm
e; stipticj; lenitiuj; sic; est; fiat
sponadicia; violata; q̃rtalis
ysatia; p̃na; cu; passa; duleia; vne
e; ficu; e; silia. ¶ Quidm; est
stipticj; h; p̃na; cocoma; mespili-
a; e; silia. ¶ Ciboz; quidj; fiat
facit; digestiuu; e; q̃dm; sunt
duo; digestiua; facit; digestu
d; sunt; pistac; sq̃manosi; de
loc; petrosio; e; ona; sorbilia; e;
hordia; e; mespile; e; silia. Duo;
digestu; d; conchilia; e; panis
azimj. ¶ Ciboz; q̃dm; est; ste-
til; e; q̃dm; grossj; subtilis; vt;
pulli; pulc; vitul; subtile; lac;
e; silia; grossj; d; d; caro; vitul;
e; assatus; e; f; h; typs; di; ge;
¶ Cum; sup̃po; q̃; 2; abuia; ppe-
tat; in; eade; mensa; subiecta; e;
lagumina; dic; p̃cedere; stiptica
in; forte; patat; ventrjs; lem;
qui; in; hac; cu; stiptica; p; dui
dic. ¶ 2a; ne; e; quod; si; coppe-
tat; ei; q̃a; simul; sunt; duo; digc
stiua; e; q; sunt; duo; digestiua
ei; q; sunt; fiat; digestu; delet
p̃cedere; in; forte; p̃cedit; ci-

bon violetg ꝙ cad stomacg ſit ſortꝭ
ꝙ ca. qđ piſces corrumpit ꝙ ſilia fi-
cat digeſtiuo ꝙ dic pbꝫ ꝙ ea qꝫ
ſunt duꝝ digeſtiuoꝝ ¶ 2ª ꝓ. ſc. qđ
ſ. appetit alijs ſtrtꝫ ꝙ ſſa ſtrtꝫ
dic pađ in ſortꝭ stomacg ect multꝫ
vacuꝫ ꝙ ꝑ alioꝝ mca ect int̄ pmꝫ
ꝙ ſm̄ ttꝫ cui cū oꝝ dr̄ amꝫ stomacg
ꝙplcam ſtrtꝫ pđ manducꝫ ita q
pđa ꝙpndatꝫ grossꝫ ꝙ ct ſſa dr
pđo ꝙplaꝫ tꝫ mora pđo
dic ꝙ ꝗ ſ. nat G. in ꝙgro
auicen in 3ª ꝑte ca 1ª ꝑte p. opſi-
na ¶ Intellig nr̄ doctrinā G in
ꝙgro ſalutatꝭ qđ in eadē mesa nūq
ꝑ cōpotꝫ 2ª cibꝫ ꝙ ꝑto ꝑdo og
cotidiꝫ de mane ſolo pane ꝙ in ſpo
polꝭ calmbꝫ ¶ Quid ante dauꝝ
ꝑto 2º cibꝫ in eadē inſa ttꝫ malū
ē in ſe ꝙ malū ē in ſolone vinꝫ
ad alteꝝ ꝑpm ſe ꝙ alio laboratꝫ ī
m digendo ſtrtꝫ ꝙ alio in digesto
ſſus ꝙ i ttꝫ alioꝝ ¶ Et ad qđ
m placet qđ ſi cibꝫ ſtrtꝫ pđt
dto digita ꝙ trahit ſe ad ſſa ꝙ di-
geſtad ¶ Et ſi obiciꝭ pđm tꝫ
ſtrtꝫ tm̄ ē digeſtꝫ corrumpꝫ qđ
nō qđ patet ꝙ i qđm fiat ſi
malū ꝑ magꝭ malū ē qđ ſe-
ſe qđ corrupta ꝓfunata ꝑ ſe-
pnat qđ qñmālo ē ſpata
ꝙ aliud ſpm̄ ¶ Dico ē dr̄
ſpm ꝙ ro ꝓbatꝫ ē dr̄
dmꝫ ꝙ malū ē qđ ſtrtꝫ pđ

qꝫ cibꝫ ſtrtꝫ pđt ē dr̄ ¶ Et ꝙ
ſo qđ ē amo ad. G. / Do dr̄ m-
tellig ē. qđ stomacg qđ 2º ꝓter
rſpora ē carnoſꝫ cibꝫ ē ſupra
pbꝫ ꝙ qñ ſit appetitꝫ vnꝰ ad
ſi cibꝫ ſſa ē infundo ttꝫ ſoꝝ
ſm̄ ꝓportiō ꝙ i digeſtꝫ 2ª ſſa
ꝙ fortē calorē ¶ Et ꝙ ſtrtꝫ cibꝫ
nō mdigeſtꝫ fortꝫ calorē ī ſu
ē ſtrtꝫ in ꝑte ſupra ſto ꝙ i ttꝫ
ect ꝙpter qđ ꝙ ſſa ē dr̄ 2º
qđ ſſa debꝫ ē pđo ſſ.
Dico ꝙ exiſtēs ā ſto ignoſti
no ꝑ ſ. qđ offerēs deꝝ ſtꝫ ſpo
denotari ꝑ. / Et ꝙ m ſtatū abū
ſtomaco ꝙpter ſ ſtꝫ ꝙ mſoꝝ pōt
nō poſſe ꝙ qđ nō poſſe exiſtē
ſtꝫ ſ. ex ꝑte ſto ſ. ex ꝑte abū qđ
ſuꝝ pđo nō poſſe qđ optād
ē ꝙſcribo qđ ꝙ ē vnꝰ pri-
ꝺſa ꝙ m ꝙ cōmorand ē ꝙpo
nſ. ¶ Intellig ē ꝙ ſumo cōm-
pi digeſtad ꝙ qđ ꝙtidie ꝑta
ſup̄ remouend qđ vnꝰ qđm
impellit ad ꝙ i totū corrupt
ꝙ ita cōit vidē ꝙ mmoꝝ ē ſſat
m ꝙ aſſimil cui de mane abū
ꝙ pſtea m toras aug̃ ꝑtꝫ
poſſit de digeſtꝫ implere vē:
ꝙ ē idē immūdabile langō-
ſco ſic ꝓcedit ꝙ ē ſpo dmtō
totū mundū corrupit ſ. ꝑ ſe:
ipſo ꝑ m. dabit aſſa alīq
cruciō vacuāo alīquādo ꝙ

nutrimentū assū & postea bo
vinū gallinū cū gallinū &
vt plurim̄ p̄mittit ḡssū et
stitū p̄ponit & cū ho p̄ dict
caules cū carnibꝫ ḡ ossa &
in fine pullos & i corpinit
& no sm̄ in ho & in multiplic
coē fr̄ibꝫ & longū gfibula
coē in mensa & in longissa
nocū de abo in cibū in cēn
nesa ¶ Comp̄ & abz nō
aliqs medios qui cū fruct
dict p̄cedꝫ abrē ipm̄ ꝑpo
nit & cū h̄ in cāde nesa
comedit lac & pistes &
acetosa & ysp & ssumetū
cotid & i fine de testabilia
sc̄ dnē ¶ Quodq; d̄ come
dendi debeat et tēp̄ q; ho
q; comedent hodie bib̄ &
q̄s semel & i doncepo i
q; si accidat ego ea in bio
come ſtificatꝰ in castimo
x sent ¶ Et si ego cras acc̄
dat i come sent & q; p̄ma
ſtificatꝰ in castimo q;
q; bio & i cotidie fiat ſ-
tificacō vnꝰ ad alterū
¶ Et testor dnm & mon
angelū q; i & q; dotemꝰ
est in p̄sēti sanctitatē
cū quos sanct abrē ſtō
masset p̄dicte & fugiendū
q; mala morte & subita

nec morte & sine mōri ¶ Silit̄ qui sit
ebn̄ cū patre dolorē & tormentū
ni testiō ¶ Et est vtile memorie q
medicinę q; vtile ſcire; studiosis & ut
non vmentibꝫ melius est q; mittat̄ cibo
ſtibi q; ossa & ē mitorio dnē.
Abstinētia tri q; dicta no sit nimis
q; vigilante abrē nix & tamen et
tepe dicte & de hoc fiat mentio ſsequ
¶ De tpe sumēdi abrē in tepore pe-
nali & in pgrue figenda q; & sanguē de
gne & no nimis ¶ Et fortis corpe
debet sumo mitri cib & grossū qui
calor dr & fortis appt̄ petractionē sui ad
integrū & hoc dicitꝫ ypocr̄ vertex
pene & no calidissim̄ sit natura & sep-
in longissi & io obligatꝰ multe dade
sumi & ¶ Et exp̄ docet in aegrit
fortibꝫ q; ho & vesp & ho & digniꝰ
pacto ¶ In estate debet debet ſi to
nsumptū quid calor est debit appt̄
possibilitatē sanū & caloꝝ exteriꝰ
& ho & q; dict ypocr̄ estate & autūp-
no abbas grossū sumat. ¶ Intelli-
tur q; vt debet sumq; abrē p̄ hal-
neū & exeaud i p̄ sint ietatꝫ
hi ſsq; dicto est ¶ In estate vigi
abatis ad hagiditatē & in yeme ad
calidit̄. ¶ Do alo desiderato
este anno vt in tpe sanitatꝫ & in tpe
egritudis. ¶ Et sint duo abatis q;

De consuetudine magna vini
sptis gsuetudo ⁊ io dicit ypocras
pgnumento mala ⁊ dicit tibi
⁊ patet ꝙ stom solitum fit sem
per ost in oi tpe salubre tpe
ꝙ ea ꝙ melior ⁊ si in ea subita
mutatio fiat ⁊ ꝙ dicit ⁊ ꝙ
gsuetudo ⁊ alia natura ¶ Et
in ho gne anud ad di expi
⁊ ho vne ydem qui malis abu
sitatis molior ost bono no v
sitato ⁊ io diligentissimis ad
suetudines ⁊ abitendum.
Nec ig pdca intelligedi ꝙ
gsuetudo ⁊ pdi sanis ronedi
abam ossa ⁊ aptio vinu ai
eio sit eio vide. ¶ Et aliqn
comedit vinu pos ⁊ anet fi
dig. ⁊ ꝙ do mitioribus vsq sue
. ¶ Et aliq vtute abi stom
bi ⁊ acumpnit formasti ⁊ me
diocriter laxatiuu vt ꝙsuet
a morbio. Et aliq sunt co
lerica ꝙ vtute repio ⁊ allecto
⁊ pipo. ¶ Et alij flegmatica
ꝙ vtute pistibi ⁊ acetosis pri
mo. ¶ Et alij sunt melli
colica ꝙ vtute acetosis hominu
⁊ legumibi acetosis ⁊ caseo
Et aliq sut ꝙ pene comedit
in tpe sitis ⁊ aliq ꝙ nichil
sed dit.

comedit bis in die ⁊ aliq semel
⁊ aliq qui comedit de mane
aliqn ꝙ de sero ⁊ ꝙ ⁊ diuersa
sit mitte valde ⁊ consuetudo
Quod aliq stant in motibi ⁊ assi
stat per salsis ⁊ aliqn ⁊ val
libi ⁊ vtute stomatibi ⁊ aliq in
maji ⁊ vtute legumibi in acce
to ⁊ acetosis salsis ⁊ aq mala.
Et aliq in paludibi ⁊ vtute an
guillis ¶ Et a sunt sathi ⁊ a
pistatores aliq multores a sptores
aliq studiosi aliq vigilatiui aliqn
somnolentores ⁊ uta ql acti qui
consuetudinem in abi ⁊ patibi in
natiui suo otuf regimine ⁊ tpe
⁊ i do aio practicis qui aliqn
vtute diota tepatia ⁊ i do a
intelligedi ꝙ sano mi pdca ꝙ
aio consuetudo que ex longo ⁊
stat sunt sit ho sano mala est
obsuada ⁊ in tpe sanitatis ⁊ i
egritudine ego po est qui gsue
statu loco na. Et qr nichil sut cop
re gsue ⁊ obsuada. Si d debe
amq trasmittere ꝙ sit fiat pau
latim qui aio subita mutatio no
sit nociua ypo. in egrotante ⁊
potissime ⁊ cholerico si ꝙ vtil
tepatio abo ⁊ laudabili mto
paulatim ad vtendu alu ab os
sio aliqd subtilibi qui ꝙ ⁊ grl

et spectudie stutij sc̄ dubio mozitᵗ
sij tñ vtl tūpitᵗ & de alijs pñ et
paulatīm m venio tñ no ē possibē
sc̄ unio & io paulatīm ē trāsmittal-
dus ad alīm tēp· tñ si aūd dō fu-
erit assecutꝰ scandlū m pmūd vtl
homo ab m pna q̄titᵉ⁹ q hodie
debetꝰ sumeꝛ multū do illo pᵒ
ab & pñ do bō & cō addit ali-
q̄ntula bona alijqa & mmatᵗ
malū & vtl domicēpo don veniꝛ
ad reparandū. ¶ Et d̄ sc̄o mtelli
gi nitij sit q vtutᵉ⁹ no sᵐ malo
regno & ab & portᵘ & tñ alijs si
& possit & tñ bn d̄ eis & bene
dicᵗ qui aūt pos vtutᵉ⁹ dᵗ ire
cōsnē dᵗ regno & gaudeꝛ nullo
mali pgnos & deplōꝛ pmeꝛitos
& anos q bō regno vtutᵉ⁹ & tñ se-
cūdū dictū d̄ cantꝫ eos.

Sēc̄ gaudentᵗ malo cāo vtcteoꝛ
qui si i pnīa nō ledituᵉ⁹ m plagā
pbendeꝛ no emendāt ¶ Aliq
sunt q vtutᵉ⁹ pulsi & i pna q̄ti
& no cōmabnt & accipiūt fulgur
ad & q dnt opꝰ pñ pp & i nō
ecc pōssit facere. ¶ Cum vtg
d q̄ntᵗ meꝛbos p̄ c. mdo opꝛ
& cū dᵗ abscīdit vtutes & tñ sē-
limoꝛ cōsideꝛans sumit dᵗ vtutē
s. c. m Cpi & tñ ipi abscīdit vtu-

& tñ sē limoꝛ cōsideꝛans sumit
a vtute s. c. m pegmento ¶ Ob-
tal d dicta abscīdit vtutē & deo
dicebatᵗ ppo· ꝑ temꝑa aūd dicᵗ
pōtt existentes deo magꝛ lodi-
tas & oīa pcta grāz fitᵗ magꝛ
fitᵗ m tēpᵗ dicta q̄ m ḡssa dꝛ
fiala d ꝑ istoꝛ ꝓducēs ꝓ ni pe-
gnia d nullū deliquta nos pau-
latīs ꝓducatᵗ⁹ si d pōt & tñ m
sūbito ꝓ cōi sūbita mortalitas nec
& maxīe m vīrtutes debili ·/
Aliq m fuit colega q vtutᵉ⁹ ab
ea · & male fuerat quā colega
annictatis ambitᵗ sobꝛe aūt
apostatauit dᵗ sc̄o mīnat pau
latīnus ḡ edmatᵉ⁹ m lachus
malo ḡnato & postulato & sibi
¶ Emitᵗ & aliq sūdentia q vtutᵉ⁹
ab fr̄e & ḡmidᵗ & ꝑ maxīe
ydropicā & calculosā trāsmittēs
& ad assi & fuga ¶ Et aliq fuit
qm vtutᵉ⁹ ab melancolia & deo
no emendat mania dᵗ melancol
dᵗ leppa & filia ḡ paulatīm
trāsmittens ad borgīnes &
gallos. ¶ Aliqn aūd fuit
q papa cōsoꝛtitᵗ pōt sibi-
tatē & aliq milites pōt sibi
& vtrobiqꝫ d ozzoꝛ nos qui
volunt dᵗ fuit trāsmiss paulatīm

tiusmmtet. ¶ Et ꝑ aliꝗ dicit qꝫ liz aliqꝫ tiusmutatꝰ ſit in pe
ioz ⁊ tiu ⁊ qꝫ ſit ſtabta tiusmuta
oſtabilitate in ſtabilitate ⁊ io vide
in ſeſſ qar venit ad loca ſtabi
tata mittit ad inſtigatoꝝ ſuꝝ
mmd ꝓpoſitoꝝ qꝫ qm ſit eꝝ
vbiꝫ ꝛgt paulatim ꝓducatꝫ ⁊ ma
paulatim qꝛo ꝙſue ſint logoꝛ
¶ Et aliꝗ ſunt ⁊ ꝙ amedut
boꝛ ⁊ bꝛo ⁊ illo ꝓgnmt ſatꝭ d
gnemoꝛ tiu ſi longo tpe aſſu
emt trāſumtet paulatim ſi pla
cet eoꝝ tuſ ſi m ſcit comeda
forto d oppoꝛ ⁊ io ab ⁊ ꝙſue
paulatim tiſumtet. ¶ Aliꝗ ad
ſunt ꝙ ma comeſtoꝝ ſanguat
de mano ꝓd ꝙſue longe tal
lqabilioꝝ d ſi faciut cōt dimi
teꝝ m vitt ⁊ ꝓlatꝰ ſtudioſi
⁊ ꝙſiteoꝝ tiu ſi velit tiſumti
paulatim tiſumtetur. ¶ Aliꝗ
ad ꝙ ꝙſuenerut maioꝛ dm
eſtioꝝ ſuuꝰ de ſopa melig dꝛ
gnd qm ibi ma ꝑ abꝫ ſ dole
ꝛet ſuum de nocte ⁊ ꝓꝛe ꝙ ctſ et
ꝓꝛe ſꝛgt ⁊ ꝓꝛe longi ſeqm
qm qm vbiꝫ tiſumti paulatim
tiſumtet. ¶ Aliꝗ dicit qꝫ tu
ꝓ illi ꝙ de facili miqnt pe
na mittit noctꝫ cona ⁊ po
tiſſimꝰ cona tꝛeda de nocte
⁊. vſq noctem qꝫ m dicit ꝛet

boꝝ conſilium ꝙ mag cona poſt ſtt
ſacte paym ⁊ aiꝰ actuſ ſ ſlioꝛ
¶ Aliq tm ſunt ꝙ ꝙſuenerut ꝓdc
alegꝛa ſi ſint bllete ſpmaꝛcha ttu
loꝝ et d mteſtiꝰ ꝙ talia mag
debeant ſimu in vna mctia
aiꝰ ad lazarꝰ vctſ d vt ꝓd
mittunt et ad attandꝰ aiꝰ mul
tam ꝙplegiones qm genatt ſa
guinis aſſid nog fiat tiſumꝫ
paulatim. ¶ Aliq at ſunt qm
conſuenerut ꝓdc ſimctꝰ ⁊ aſſ
ſi ſacere ꝙ mag debeant in
vna modiata. ſ. vt lapes ꝓd
ſi ꝑna ⁊ caſa dirata at vt altꝛ ꝓd
ſtū. ca. ſi ꝑcia aut vt ꝙſtingat
ſi aqua aiꝰ abꝫ aut vt lapꝛ ꝓd
ſi ꝓꝛa ioꝛa ſtoꝛtua ꝑt abꝫ ⁊ ꝛ de
dꝫ mcōcoꝝ qm qmoꝛ ioꝛ
ꝙſuetꝰ de facti cozrupt.
Conſuetudo d vaya ⁊ duſaꝝ
diſtīctꝝ climatiꝰ ꝓgrond mapꝝ
vallꝰ mayſ ſtagnoꝝ ayond et
offion. ¶ Et dat ꝑ ꝛ un od agrbꝰ
qm ꝛo dic mala ꝙſue caued d
ſi paulatim qm ttoꝝ tm vite
d impoſitꝰ ꝙaliꝗ ⁊ aliaꝗ ſuꝰ
a ꝛ mala ꝙſue. ¶ Cam de potu aq
⁊ vini. ¶ Aliqꝰ aq mundꝰ ⁊
clarꝰ ⁊ ꝑnatꝰ ab ꝛ aliono ſa
poꝛo ⁊ ſit ſonticꝰ ⁊ aquatꝰ vſq-

orient & ſol paratꝰ oſtendꝰ fontꝭ de
manio & cuppatꝰ ſup. aquid mundꝰ
& hauriatꝰ longe ab hoſtio fontꝭ et
cuppatꝰ ex vtroq ſtillat. ¶ Et ſi
nō inueniatꝰ aq eligat aquā
magnoꝝ ſtuminū & hauriatꝰ de lo-
co vbi magꝭ et cū impetu vſq no-
dus & tonus ſit p decoctū diu-
ſio vaſo & pea ſic vſta deſcripſi
¶ Et ſi nō inueniatꝰ aq puta
puteoꝝ & q̄ ſit bona ad paſcendū
legumid. ¶ Aqua autē ſtagnatꝰ
& palud & lacuū & poſſit ¶ Aq
minus & valde mala nec &
aſtringit aq bona ſz in mine in-
frigidatiū manducatꝰ cattꝭ vagine
& ſpectū ſtagnum & aſpectiū
nutritiū eius nocꝝ ſto & opati in co-
ploxio fiūt ſagnea valde ¶ Aq
autē aſtinaꝝ nō & nutritiū bō p
ctiſonogena & & de fa pueſcam
laqme & de optiū aqua ¶ Te
& & pū tſq ng ambulatꝰ potuſ
aq ſto vacuo n pſ tertiū aut magꝭ
me labore at exercitū in quepꝰ
ñ ead de nocte potiſſimo in ga-
plato qm togꝰ ſtagnū eſt aqua
ſua ¶ Si aut ſit ſol vehemens
& cū in ętatis at vnū cū aſ
tepida at aq cū zna at cū me-
dio mello at cū nebia & ſi oua
doſiat ſorbeatt aq cū vſq
ſtructiōſiaꝭ ꝑſi labendi cū pma
qtitate at grauigatꝰ aq ſit
aut teneatꝰ ſtrictiū pauci
hac infuſione ad latitudinē tenuē
ad altitudinē at acutū magnū aq
calidiſſime & potuſ tolleſe
¶ Et to potꝰ debebitꝰ cū mi-
doſum q̄ pneumoſim ex ſtomacho
falſo alit bibere aq ſto vacuo
maxime meſeꝰ nocumento na
n ſto & cū ſo ep eſt valde
ca ¶ Nullꝰ potuꝰ aq in miſa
q impedit digeſtiū oꝝ .n. vt
tubꝰ cotagatꝰ lata ſto & pū ſit
junctaſ. ¶ Si aut cogatꝰ mutare
aliquatꝰ modice aq frigi & q
ſufficit ad cedendū cū h abꝰ
digeſto p ac ad ſufficiū ¶ De
vno vnoꝝ q̄ ſint nona &
ta ſint cū m p & c q̄ cū
& ta ſint cū m & gr. & q̄ ſint
me & ta ſint cū m & gr. vna
aut antiq payn valet ni
vna modi. ¶ Vna aut nona
nō valentꝰ neq m vna cibꝰ
uq m vna modi. Si vna,
mo ſint bō & via cibi & potꝰ
& medi ¶ Vnū aut ꝑpatꝰ

calidus & cholera adusta & hn̄t
q̄ hn̄ tpat & natura & ſpl
q̄ ad tepam̄tū ꝑdūc & ſic
q̄ hmectat & letificat & t̄ cō-
pet ꝺi ḡm ¶ Et ꝺi etiā
nō appet q̄m dat vnū p̄mus
eſt adꝺe ign̄e ign̄ ſ q̄ dr̄ amꝰ
¶ Et q̄rt̄ vmant̄ ſenes
tanto ledit̄ p̄nci ſ. 6. vi
ant̄ tepate ſuptuꝺ ſ & ꝺ
ꝺi fortificat & vtuto ille & alate
& io ſume letificat & andaat
ſi q̄rt̄ ſi tepate ſumato q̄m
in ſto colopico cōtut̄ in cole-
ra in ſpi in pnpio accid ꝺi:
ꝺi palat & ſtraſum & q̄ ſpūs
recipiēs debile do fac re-
ſpirat. ¶ Inebriato aut act
at q̄ recipiēs ꝺ debil at vi
minuo forte at q̄ ſto ꝺ mach
at humoꝝ ꝺ minuo ꝓplor
¶ Et dat ſ q̄ milg audit
ſumo vnū ſto vac in act
madꝺ pauo at aꝺ oleū ag
ſfortat. ¶ Silg aut q̄ ſpec
alp de and vnū potū in
pna q̄rt̄ & cū mitta aq & io
tal aꝺ finē in gumyos ſi alg
in p̄ cuſtodiꝝ ſo ſalto acquirat
ꝑ albū pua & coctū at q̄n:
cū aīal at ſem̄ cant & ſi p

infortunijs audit cū ſpē ſanguīa
tribulant̄ p̄cedat & enarret & ſp-
tet ſibi ex̄tima cū ſale & aceto
& teſtacia & in unctiōib; ſuis
& abluat & vngat ſuas
cū aq ſpūs & inungat cap̄ cū oleo
p. & fict ꝑ tempꝰ longius ſm̄ pō
& aº & i ſtimul exercat & balneo
& tpe comedat & paud & abſtin
ſm̄ digeſtionē ¶ Et io ng cattus
ſtoꝝ ledat̄ q̄m lig ſeꝑ & q̄
& ſpūs tū magnū p̄cium & q̄n
nocet ꝺ aplexiam at ſobꝝ at
ſuffocatiōē & io infirmi ſunt mō
melioris ad p̄ſidiū corpꝰ q̄ alle
alle and mod ꝓſidiū & ſ manſue-
tud & io tō q̄ ſpūs & ſpēs.
Calidi ḡt̄ ꝺo compone ſumunt vi
albū in colore ſtrutio in ſtat ꝺo
tpata q̄rt̄ ag q̄m nimia ꝺtū nō
ꝺ in in corpe tepato & ſtrigi ꝺo
ſtllg ḡt̄ ꝓ cohibd ant labore
nimiū act vnū in q̄ & q̄
act aliq q̄ ſto ꝺfortat ¶ ſubti-
lid q̄ ag bono nutrito ſuꝑ ꝺnat
ſ. ypo. ꝓ ꝺnat ꝺ q̄ ate calefatt
& ſtrigat. 2ª. ꝺnat ſ. 6. q̄ nō ſ
tribatta. 3ª. ꝺnat q̄ nō appeat
corpora mixta. 4ª. q̄ nō ſit ſpūs
zibil ſi ſapida. 5ª. q̄ leuia
mollificēta in ea. 6ª. q̄ ſpūs

2e aq̃ ⁊ q̃ bẽma apponat⁹ ⁊ illa
q̃ nõ ꝛeat⁹ ⁊ aptid. ℔. q̃ acapiat⁹
⁊ pãm ℔co ⁊ madofiat⁹ m duab⁹
aq̃ ⁊ q̃ apponat⁹ ⁊ ely ad exfiatõ
⁊ q̃ aas exfiatiff i aq̃ ⁊ melioꝛ. g.
q̃ ponat⁹ uno aq̃ i ſtatã ⁊ q̃ lem
⁊ i pede i ⁊ melioꝛ. g. q̃ nõ tinſiat
p̃ gductiõ de plumbo ⁊ alio metallo

Aplin do ſopno ⁊ vigilia ypo
lo de ſompno i gnoſtiuſ ad
dic ſopg vt moꝛſ ⁊ bong ⁊ nl qu
nocte nõ offt ⁊ dic nõ ipe. q̃ nly
g nq̃ debꝫ doꝛ de gſuetudo ſm vt
plinm ſm q̃m q̃m nõ oꝝ dumtaꝛ
dozmiat do dio ſi ⁊ alij tolerary
g p i gſuetꝫ q̃m gſuꝫ eſt alia n
ſm a ſopg diſtiy. f. aG m cod
lo ⁊ gnoſtiuy ſopg ꝺdꝫ nõ abe eſt
ꝺ ⁊ pdebꝫ cũ pfundatõe ſpe vitaſ
ad mticoꝛa vt dig⁹ abꝫ antiu g vꝫ
ſopg i digoſtiue ⁊ hoc ꝺ q dic G. ⁊
lo amphoꝛiſmo. q̃ vetꝫ poeme
g vo ⁊ ꝺ dic ſm ung unata a ſop
bonũ ꝑpe. q̃ Copng g ꝺ aue
lim cũ mtecõe vinũ. q̃ Copꝫ an
nulln gpe ſobꝫ ac ſmnitoꝫ ⁊ io
dic amc. g. g ſtatutꝫ i ſenũ ꝺmo
debt lactucas cũ ayotibꝫ vtꝫ melig
ꝺormiſt. q̃ Copng aue nõ gpe
ẽcpi i amto q̃m calꝛ g ſmnoꝫ ⁊
ſmnu qui i foꝛ ac media lagriti
nimo duc vꝫ ſſtigitta ⁊ nattma

ꝑtmp⁹. q̃ poſt nimia pplec
cocꝫ nõ gpe ſopng ſalcas i me
qñ tmiꝫ ꝺ de ſuffocatiõe
ꝺ ꝺ doꝛ ꝺ i cũ ad ſtuꝫ
abũ debꝫ ſtaꝫ at ſuamt⁹ dca
bulaco don abꝫ deſtedꝫ ad pe
poꝛa ſtã ⁊ pda doꝛ ⁊ p ꝺ de
miꝫ ſnp pt⁹ dextm ſo ſiꝫ ſmi
ſtm ⁊ utꝫ ꝺ ſmiſtꝫ ad dextm
⁊ i q̃ſto q̃ aco aue ſnp vo
tp⁹ ꝺ dꝫ tꝫ anolitꝫ nõ ig
uoꝝ q̃ Si illa vꝫ illo nõ
dozmiꝫ ꝺ ad ſnp dozit q̃
ꝑtinet ſnpflmtatoꝝ ⁊ pa
ad poſſiat mdꝝ q̃ Amato g
cabꝫ fiat gſſioꝝ ⁊ mdꝫ q̃to
tanto ſopng ꝺ ꝺ ꝺ pfundioꝝ ⁊
phxioꝝ q̃ Et q̃to cabꝫ fiat
panꝫ ⁊ſbat ſopng ꝺ ꝺ
⁊ hoꝛ q̃ vigilia ⁊ potuſſio
ſnpflno nõ gpotuit n tpo ſi
mtatiff q̃m talifiat ⁊ doſtatiu.
q̃ Copꝫ g nimio hpõ at nõ
logꝫ corpꝫ exmatꝫ ⁊ exanimatꝫ
q̃ Ceteꝛoꝝ anolitꝫ ꝺ gno
motuſſia ad expellendꝫ noca
ſh exacũ ⁊ potuſſio i tpo plu
uiali ⁊ m vnſſ magi podioꝝ
nõ ſhnt optimtatiõ expellendi
nocmd. q̃ Ayodꝫ aue ꝺ dnt
p̃ q̃m cũ fotmoꝝ calꝛ ⁊ ſſpe
q̃m fitꝫ i ſtrenione anolitꝫ

te ſtatuatq ſyſtimatoꝛ q̄ ſtatuit
de facit euaporatꝫ / ¶ 2ꝯ mo
d qm ai ꝑtis² anolitq te tñ=
ſitꝫ ad mmſtꝛoꝛ & dilatatq exꝛ &
ꝯ ſuſſitatq ẏtutis exꝑſitꝰ q
ſyſtatata ſyſtima exꝑellitq & q
ꝙ d vꝰ doctiſſ ꝑ 2 ꝑ d qm
i ſyſtatiꝫ obtinuit ꝑtocio ſtatu
ad nitꝫ te a ꝓnapio ſ. G. gꝑ ſte=
ro anolitq vt illa magꝫficatꝫ
ſi ꝙ fuatq ad magꝫficatꝫ oſſi
ri & mozꝫ mitto ſeatq ad exꝑl
tacꝫ ſyſtimatꝫ vꝫ ſꝫ exuatꝫ ¶
ſyſtoꝛ ꝙ ꝑꝫ ad & ꝓuocꝫ ſi ꝑtm=
otq hanolitq & poſtea expllaꝫ
vſq ad capt ꝙrdo exeatq ꝑ ne
ꝙ matrꝫatt ꝯñ & expollitq ſy=
ſtima ſꝫ ꝑꝫ ꝑ ſtacꝫ hanolitq &
vꝫ boꝫ moꝫ & gnoꝛe ad expl=
ſo dñ nocuꝫ ¶ Etq ꝙ in ſopno
ſyſtima ſuꝰ potentia / ¶ Oꝛ ſi /
no ꝙ d optumitaꝛ exꝛcitaꝫ hi=
nolitq ſalteꝫ ꝓtmoatꝫ cū foꝛ=
ti & mitꝫ mutabitq ¶ De ortu
Coitꝰ & hoitq in qd phoꝛ ng
gꝰ mamtq audeatq conſꝫ at nꝫ ꝑ=
ploteq & ai ꝙ ng audeatq attep=
tatꝰ ꝓꝫ minuꝰ & minuꝰ at poſtq
ſlonbotuꝰ at ꝓꝫ ſapmat at ꝓꝫ
minuꝰ labꝛoꝛ at ꝓꝫ balneca at
ꝓꝫ catna dꝰ m exceſſu & obſe

ꝓꝫ ant ꝓ coꝛpꝰ exiante ſiq apta
fuit ad gñandꝫ ſuꝫ ai & hꝰ & po=
teſſe q hꝰ cōplexione teſtiuꝫ
ai & hꝰ ¶ Stilq an coleꝛicꝰ at
maloncolicꝰ at extoꝛmatꝰ ande=
atq ſe coꝛꝑe ad ortꝰ & ſi ſocatq t=
minuꝰ vite ꝯ ꝑꝫ ſ. G. / ¶ Coitꝰ
q fuatq ꝓꝫ abi digeſtiuꝫ & ſup=
fluitatꝫ exꝑlſioꝛ & milioꝛ d
dormiꝫ ꝓſumꝫ toxio exteſio &
gꝑoꝛtꝫ & i fitꝫ ꝑceptꝰ ¶ Capl̄m
de accidentibꝫ natuꝛe anꝰ mꝰ illa
q mpſſio gſtat ſanitatꝫ aiꝰ &
coꝛꝑoꝛio eſtꝫ q hꝰ m oibꝫ accide=
tibꝫ ſuꝰ ſtatꝫ topaꝫ accidentibꝫ
aiꝰ .o. q ꝙ alioꝰ vitupio no in=
digꝰ nec ꝙ amiſſio alioꝰ poꝛ
topat ñ ꝙ moꝛte alioꝰ ñ ꝙ cai=
ꝯ & ꝙ exilio ꝙ ñ ꝙ alioꝰ ꝑ q ſtat
no taſta ñ tmoatq ñ triſtet ñ
doleatq ñ lugeatq ñ alq inducit
ñ dolꝫatq ſi cū ſtima pacꝫcia
q ſuſtiatq ¶ Olit ñ ꝙ ā ꝑ leta
ficabꝫ vl ꝓꝰ ſpaꝫ q cuiꝰ ſuc=
ceſſio ſuꝰ ſectuꝰ no minuꝰ
gaudeatq / oia i ta cū ſit i exceſ=
ſu coꝛꝰ exꝑminat & diſſoluat qꝫ
ſa coꝛpꝰ aiam m ſuo actibꝫ /
& aia coꝛꝰ m ſuo paſſionibꝫ //
vitꝰ ꝙ ꝛa & ſolitudo & triſtitia /
qꝫ inducit triſt & moꝛtꝫ ſu=

bitanca. ¶ Ori timor gaudiu ꝯ mmn
n cu vomy subito morte subitaꝝ m
diu ꝑ ꝯ. mdo morbo. ¶ Ipotolli ori
p gaudiu tpattu ggpē ori otatu ꝯ ori
ggpō ꝯ ori ſtor in qꝫ no vult ipigui:
ſi qꝫ gaudiu impigruatꝫ ſ amē
ſigñ ypleptoꝝ. ¶ Ori au cutꝭ va:
gity ad albedine maꝭ d ſtoꝝ
ad timore d malo colica ſi ad alu:
tte d colepca ſi ad prbodione d
ſanguoma. ¶ ꝑgnac colerꝭ actiꝰ
adſtrictiꝰ d q ſi ſint colerꝭ at
velit mplꝫ ꝑgaꝝ & mr ſpa ſꝑ
maiora ꝯ mia ꝯ fiatꝫ docto ꝯ ei
dormire. ¶ Eto vicio tpbuꝭ ꝑ:
gato flemo ſi au ſint ſnꝰ ant
velit flu ꝑgaꝝ plus d tuc ꝑ
padre ſoñ ꝑtꝫ hꝫ apꝝ ꝯ doctꝭ
m bꝛio rcū ꝯ oim. ꝑgato m:
leū ſi au ſint malo ꝰ at malo ꝑ:
gaꝝ m plꝫ tꝛ. & ſtoꝛo boꝛaginis flo
bugloſſe opthim polipodij anoti
fiatꝫ docto ſi au ꝑtꝫ no poſſit bu
ꝑgap ꝯ mndificap & yzoo yſopi
calamenta capilli vetiuo vno paſſe
hiſſo mndat ꝯ docto in ydro:
melle ꝯ fiatꝫ gargarizatꝰ ſꝑ ꝯmitꝰ
viabz. ¶ Ori au velꝫ vomico ad
duc vomica ꝙ ſit ꝯ ſꝑ. ꝙ cal. ꝯ ſit
ſm. ꝯ ecē

Capitm de ꝑſnacoe mēb' debilio

ſ nutōne. ¶. mde morbo ꝯ
audere/ habꝫ foꝛaa expellē
ſnaꝝ ſtꝛictiuitate ad imb' debilia
ho d dict' qm foꝛa expellē a ſe
ſtꝛictiuo ꝯ imb' debia a ſo expel
leꝫ no pnt ꝯ ggpē ho cutꝭ ſeā
& debit vt no poſſit pſiſtē ꝯ
ſtui. ¶ habꝫ au debile a
n ggnoſtat qꝫ ex ſa qlt ca ſi
extīn ſi itu ſed ſine an
tale mbꝝ debet ꝙfortaꝝ
alt tmdꝫ de egtiue ma:
labli mapiaꝫ ꝙ a capite. ¶
De ꝑnacoe debilit capitꝭ a
n aliq n. ſt qꝫdā capl debile
a nata ꝙ de ſuaꝭ lesiū a ve
ꝯ a pluma ꝯ a ca ꝯ aſſꝛ ꝯ a
yplecoe ꝯ ab īamoe ꝯ qpt
ſto ꝯ ſtabz. ¶ Cui ꝙ ang ꝯ ſ
ꝙ no coopiat mmio capl qꝫ
mo ora mmia coptiua capiꝭ
debit capl ꝯ acelat almoe
qn eſtate ig coopiat capl le
ꝯ i yeme tpato m ꝯ potiſſio
q ſtor capl ſꝑ. & ng audeat
portaꝝ pollej m capneo don
veiat ad ſoſtinu ꝯ tꝛ ꝯ cui ce
pto nū. ¶ Dend vitet ora
fumoſa ꝯ ora q ꝛeplet capl
vaporiꝫ ꝯ no vitet mo et ora
oliginoſa ꝯ caſtu antiqu
ꝯ ora legu ꝯ ceo ſpuig ꝯ ora
olera ꝯ vitet allea cepa ꝛ
poꝛꝛa ꝯ pip ꝯ vinu forte ꝯ

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vtet dol^e de die ⁊ capite ichma
to ⁊ sinp ora vtet nocturna cruc
⁊ longo tenit ⁊ replecoes ⁊ digre-
stione ⁊ ont gsilia. ¶ Deinde si
calp^s ⁊ cad^s gforte ⁊ bullutt in aq^a
p^o viol nephes sandal ⁊ sbfu-
migo^a capi^s si ycmo tpore ⁊ os-
tatto admoto. Si capi^s fuit sfo-
sfumigi^a in cinamilla mosch
loco ⁊ athoe ⁊ mastice ⁊ in medi-
ta^a in pane ⁊ permittat^a in estate
p^r hore .ii. et det^s obagia sp^r ca-
pita in sp^a ampliorib^a q^ue ol in oib^z
pcb^z no nubib^z ¶ De octio aliq^s
habito octor dottor^a nihil ⁊ le-
ctor^a do sanh aq^z in vtet
q^d aque nimis sp^r ⁊ ca ⁊ mi-
nuit splendore ⁊ vtor logos
ystor minuitas ⁊ in mo limine
⁊ in tenebroso loco obscuro ⁊ vi-
tet coitu ⁊ pistor ⁊ bio ora q
dict fuit de capite q^a oio vapor
fumosi hebio capi^s lost octor
debilco ¶ Octi q^d pcauta^a alii
d catio extincti ⁊ l^t st malo ⁊
alii a catio itinacti vt ppt^s sto^n
at capi^s at tu^s cor^s si q^d cor^s fu
it replecti pleccionis ⁊ oi fatu flebo
at farmaca mix^t gremoad pti-
clapi ¶ Si q^s hui^s fluxu a capi^s
ad ocul^m p venas extracti^s p^m
sidi^a ⁊ ext^a ⁊ medicamt^a od^z

Si si fluxu p ve^s itin^s ortus fuit ⁊ cyracao q^s
egrosti^a q^a fuit stomacat ⁊ tro gpe stoma
abstin^a ⁊ sto fumigato capitis ⁊ in capitis
et si fuit a sto^o dct^a stup^a p^o abu deide
cosorte^a octos sic p^r ttinctuas ⁊ igna-
ta^a q^uq^eos ⁊ extinguatt^a ⁊ q^z vice i vna
pin vgis ⁊ deinde igniatt^a q^uq^eos ⁊
ex ⁊ extinct^a in aq^a p^o. dein pricipiet^a
in vitio ⁊ pmo distepe^a in fronte corn^a
dp^s ⁊ octio instillo ⁊ i^e mirabile p^r fructu
ol p^r symbol ⁊ ait plurios^a ⁊ distepe^a
in oro vne acte ⁊ octio instille^a ⁊ fiat
aque sp^r fuit i lilio ¶ De amigdz
dulcor alii placuit^a ex q^z fiant ca fu
fuit extincta sin ibutera vtet q^a sp^a
tubarin ⁊ magis capitaz ⁊ tuntura
magis portaz pugitiu loonu mu-
gritu tempoz ⁊ sitim vtet q^a do no
nutt amigd^s sp^z fuit pulcor ⁊ mosti
pulmo sordicior at aq^a ii lugz ado q^ue
in pin balnatt^a in fluminibz poplet
amigd^s aqua ⁊ alii q^u abluunt ca
abluunt amigd^s in aq^a ⁊ malo faciut
dyndet^a q^a amigd^s ab oib^z ustis ⁊ sp^r
fust^a virte^a ⁊ doloz capitis ⁊ cat^s
⁊ yploco sto^a ⁊ toti corpori ¶
dyndifico^a q^a capi^s si note fuit deide
cosortet^a amigd^s p hui modu .ti. a-
net^i maior^i. sciuto spinabri spinati
ana ʒ i. q^uasson^a ⁊ bullict in vno albo

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OF PHILADELPHIA.

c fimo nucatꝰ ꝑ anyos ¶ Et si ca
fmt ca. q. & de ꝓpo gtigethꝫ ofor
tet cñ ꝓsse sandat c sibꝫ ¶ De
dethꝫ ca ꝓ q ayca dōteo c villi sit
alii ita debles ꝙ ex qlibꝫ fracti ca
ledrit vitet g ora cibaꝫa actu
mmo calidꝫ c actu mmo fꝛi. c vi
tet mastichꝫ pano mmo dnyo c
ffectes dnyo & fmt de mell
c no ffagrat cñ dethꝫ anellanis
ñ mcos c ita de alijs ofilibꝫ vi
tet gꝰ fme cath cñ c sto ꝓplebꝫ
c cboꝛ mata ꝑte c ora fiha ¶ co
for gꝰ dteo fꝛi. sit & salua meta
mastꝛe thus depiogntꝰ in vno pō
c id vnū calidꝫ dū teneatꝰ i oꝛ
Si añ ca fmt ca. & rubie mſq
anū c posto c sandat c bullat i
aq c illa tepida dū teneatꝰ in oꝛ
De ꝑtoꝛ alijꝫ fmtꝫ q ſnt ꝑtes
i debile ꝙ & qꝫ fiat ca nigne th
ſt asma & ſtructꝫ ꝑtoꝛis c diffi
cultate anelitꝫ vitet gꝰ aqem
in ca & mo dū fꝛi. fmtū & po c
vitet ſne cattꝫ c ꝓplebꝫ sto c
dtatosa c ſtiptica c acuta mudifi
ca gꝰ oꝛ ſ exigat ꝓtinuo ¶
Dando ofortꝰ ꝑ ca. sic & dra
apapā dragagat fꝛi añ ſnt

ydracodion ; ſ mſteatꝫ ot
dulciſſo tañentꝰ in oꝛo. hſ. u
nitū qñ añ ca ꝓficiſcat ad
ꝑtꝫ a capite nog fiat ofortꝫ
ſꝫ oꝛ i ꝑte / Si añ ca fmt
ſꝛi. vtibꝫ ꝑcī vtatꝰ ſto elec
tuaꝫ & dramſi diaꝛſopi dra
allameti añ ; ꝙ mſteatꝫ
ſi añ ſit tumeꝫ do ſputo ſti
gmo vtatꝰ diapaꝛaid c coꝛi
andro ꝓpato ¶ De cordo
vitet ſnp ora ꝙa timoꝛe ſo
liatꝰ c tſmat c ora abaya
male qlit c acꝛe ꝙ d i exꝛcſ
ſꝛ c ꝓplebꝫ sto c mdiſtē
coꝛ vt oꝛ ¶ Et ſi ca d ſꝛi. vt
tꝰ dyabꝛa dyamaegrytō
dracamego c ſtrfimugē ad
abꝛa c ligꝰ aloes c mſto
ca ut emplaſtꝛ ſnp ꝑ pulle
ſte aſſato c lardato cū gra
poſit c alſpo vno albo odo
ꝛifero ¶ Et ſi ca oct ca. vta
zucc c tuſſiculis c fiat ſuccꝰ
de poſo c viol c sadat c mmu
ꝑlꝫ buglosſa c foliculꝫ bo
ꝛagio c capꝛifoliꝰ c aſpꝛa aq
po. c odoꝛe ſnp ꝛegrone odꝰ
apona ¶ De sto alijꝫ ſnt

q̄ sint sto ꝯ debte q p mo ca i-
gnt manſa vomitu indigesti-
one dolaꝝ ꝯ nutta gſtia ¶ Cal
g̃ debet ſumo abn in pna q̄-
te ⁊ ſſe ⁊ q ſit tpatꝝ i qlitate
vite g̃ cattꝝ vigilo ſſſtuo cō-
mō lobꝝ minuꝝ ⁊ oīo abz̄nte
q̄litā at mag̃ q̄ti ⁊ p̄go sto aī
vomitu ⁊ ad cattꝝ q̄ exigo l
hmoꝝ p̄cauī ¶ Dondo q-
fortē sto calbꝝ aī zuc̄ p. ⁊ cū
saudat ⁊ acembꝝ atoꝝ gſtuꝝ
aī zuc̄ ſti ſpobꝝ ⁊ alijs gſtibꝝ
Cty ſi aī fuit ſſr. tot sibi i
ty dyanto dyamobꝝ diacatoꝝ
to aī ti ſ mſtatto. ¶ Do
epatto ⁊ pte ꝑ d do p̄ti d
doble ant vene org fuit au-
guſte at q p̄mo at q d minio
aī. at minio ſſr. ¶ Si como
ſit augſto ex q̄bꝝ fuat aī icat
gplacem to ty. Cmuni dana
caꝝ apꝝ aī origam calamꝝ
cappaſſ an. z. ij palmo zuc̄ q
ſuffit ⁊ ſtatq̄ ptmo at clodnay
q vtā aī vmo albo at aī bpodio
albuꝝ ¶ Stoc ora ꝑfgit cty
vñtuoſa ⁊ dulaa ⁊ oſſa ad di-
gendꝝ ¶ Si aī ep fuit ꝑmū
comedit q̄ m dio ſſi p̄ q̄ti

⁊ abayꝝ fuat digeſtiuꝝ ¶ Si aī
ep fuit aī. vtā lactuc endiu ſta-
quor aī acoto albo vtā vino mle
gſuto ab oꝛ aī ꝑ eprehmayꝝ aī
ſuco onpatico ⁊ ſepmino at aco
⁊ aq̄ po. ¶ Cty ſi ep fuit ſſr. vtā
ſpreuacdi ⁊ alijs q dnā fuit in
ſtipio venatꝝ ¶ Cuo ſpleno in
ſple aī apponit eadꝝ ſ ſoracꝝ
¶ De penbꝝ po fuit aī i dobles
i q de fuat mq̄ dolaꝝ lapi-
de ⁊ tribꝝ ʒ gpe vomitꝝ oaī ⁊
ꝓo ⁊ ꝑmitto abi ⁊ potꝝ ⁊ q aī
cty ⁊ tubꝝ ſuꝝ ſtoal odꝝ pulli ⁊ pi-
ſtes ſſmoſo vmctes do aq̄ mm
⁊ vnū ſtulo ⁊ filia ¶ De te-
ſticlo alio toſtucti debilitā ꝓt
nomiū calaꝝ q̄bꝝ gpe vottꝝ p-
mitto aī ⁊ poꝝ ⁊ vtā lactuc ſua-
cett ſup lactuc ⁊ aq̄ mentaſtū ⁊
odoꝝ capſoꝝ ⁊ mgitta toſtu-
cti ⁊ ſomoꝝ ſic ty. ſuatꝝ lactuc
coquadꝝ ſpmo ⁊ addā aī ⁊ olut
po. q. ſuffit ⁊ ſtatt vngnet ¶ Si aī
teſticli ſūt dobles ꝓt ſſr.
migitta ꝓo ⁊ ſomo ⁊ teſticli cū
vīegar ⁊ maraduꝝ ⁊ vtā dyaſa-
taſpn ¶ De nictuꝝ alio ſunt q ſunt
nictuꝝ i dobꝝ q do facit aī m-
ſunt azchotica ⁊ loc. n. ſumo opo

vomitꝰ ⁊ vitꝰ cōitꝰ ⁊ stat ī vbꝛa
⁊ sit m oaꝰ ⁊ vtꝰ ſpr. ⁊ hn ſſn
antipno an vitēta ſpr. ⁊ ſic ⁊
potiſſiꝰ ſic/ ⁊ vitꝰ dez mattinꝰ
⁊ veſpꝛtinꝰ ſpr. ⁊ vitꝰ ꝯtinꝰ
ſi ⁊ vitꝰ ſtinctꝰ ſtet vſq; medū
antipnū vtꝰ vomitꝰ ſi pnū ⁊ vtꝰ
ſapmacal ſſn ꝓmus dat mittꝰ
abꝫ ⁊ ſſb ī vigiliꝭ vomitꝰ anſt:
t ⁊ vitꝰ vomitꝰ ſi fac ꝑ vtꝰ
De mntatꝰ pez illud videꝫ
ſi mntꝰ ītrollectꝰ at vigꝫ at anē:
litꝰ at appetitꝰ at digeſtꝰ at
nū ⁊ ī do d qm on ad mbꝝ
mntꝰ a diſpoe ſua illi q no d
in aliq ca mutatꝰ ⁊ ptrubatꝰ
q ſi no ytinꝰ att mozbid qe
vtile ē illi cib ꝓpugꝫ ⁊ po:
taſſe in pmo mx ꝑ obſta ⁊
De mote alu ꝓbat nge
motū intellectꝰ ymaginatꝰ ⁊
ī do d q an no fit vt plmū
in ex ſpr. ſc ſpi. ⁊ q d q ſi ꝫ
do tiez ſpr. n. dī ſſpoe hn
m ꝑ ⁊ ſpi t. 2o ſſpi ꝑm g ab:
ſtinoꝰ ſoꝛtꝰ ⁊ vitꝫ ſeptim bm
⁊ ſeſumoꝫ an ahoꝰ ⁊ ab ſſac
an aq. 30. mꝫ catꝰ ⁊ pge an gꝛ
pꝛ illd. n. poſſetꝫ valeꝛe m
ſtupoꝛe omd ꝯſpiꝫ / De ſopꝫ
ſnpſſno tho ſopꝫ pne ex mg:
plexione humoꝛ an in a ſpr.
et ſi ſpr in tꝛe humoꝛ an at

⁊ ſic et ſi an magna tꝛe pge an
deſſ pꝛſ ⁊ grauatꝰ ī ⁊ ſi utꝫ
pꝛpoſtꝛe ſtaphiſagꝛe enſeubiꝫ ⁊
bullule ī exmille ⁊ ſſillicidio ⁊ gꝛa:
uatꝰ aut vna vl duo grote
napbꝫ iſtalloꝰ at muſcate an melꝛ
⁊ maſtꝰ cet aſſta. u. pgne ſoꝛtꝰ
ſtēn a capite ⁊ caliſtiane ⁊ doſic:
atꝰ ¶ De vigilijs vigilie acci:
dut vt plmū appꝛ ꝯſeꝛuꝫ ſanꝫ:
tatꝰ ⁊ tꝛ vtꝰ lactuꝰ ⁊ cozialꝫ ⁊
drapapnioꝝ ⁊ fomꝰ capꝫ an aq
decoctio papauꝛis ⁊ coꝛialꝫ ⁊
De omittꝰ napꝰ ſi an nu
mio ſumptꝰ obſtumptoꝛ
an maſtꝰ ⁊ thꝫ ⁊ ligno aloes
ſi an ꝑn ſiat an camphoꝛa mel:
liloco catꝰ ¶ De appetitu ſi
appetitꝰ ammittꝰ ꝑ nocꝫ vatꝫ
an exmille dmptꝰ ⁊ ꝑ ge an
gꝛa pꝛſ ⁊ deba vnconſa deide
vnū doꝛm dtatꝰ pꝛpoꝛ ſi
dittꝰ ꝓmouꝰ vomitꝫ an ſeꝛo atꝑhiꝫ
⁊ ꝑ ge an caſſia fiſtꝫ ⁊ demꝫ ve:
toſa ¶ Eſt tꝰ intelligendꝫ q an de
appetitꝫ at ⁊ dauid ſ dilecta gꝰ no
d ī q m ſtꝰ dnatꝰ ſſn accoſt
ge gi vomitꝰ ⁊ a gꝛa tꝛbutꝰ ſi
an appetitꝫ hꝛdo ⁊ ſtet ꝓ at
tꝛbutꝰ ſtinctꝫ ſpr at ſpr. ⁊ ſpi.
ꝓꝛſ lac ⁊ piſtes ſi an no pꝛ:
atꝰ ſtet caliſtiana ſtꝰ an di:

Tractatn ꝛsto ꝙm nr̃ntnlat² de ꝓgr
mine ſamtatiꝰ aliqnd ꝺicendū ē
cū ꝗ̂ admtcoꝛo ē de aligmb; ꝙne ꝓtmet ad ſi
nitatem corpulem ꝓbita conſequanda vt ꝓcta
ſcompanda Et ꝺmdicnr m. Em. capla
m ꝑmo lo ꝙnt² de vtilitate bom̃ regimmiñ
m ſcdo ꝙnd ſit ꝑmo mane faciendū m tcio
capitulo de ex̃citatiõe corꝑali ē eiꝰ vtilitate
m qnarto capitulo de ſpeb; ex̃ticij m ꝙnto
capło ꝙnd ꝓbet ſe homo m prendo m cibo
m ſexto capitulo ꝙnd ſe ꝓbet m potu m ſeptio
capło ꝙnd agendū ſit poſt prandiñ m octa
uo capitulo De nocumctiꝰ mali regimiñ

m
P capitlm de bom̃ regiꝰ vtilitē

Oportet em̃ qm vult vitā eſſe longeuū
ē corpꝰ ſamtate gerere illibata ſtue ē
cognoſcere autem regimē ſamtiꝰ Aliter em̃ no
pot venire ad tminū naturalem imo ante te
pus ſim naturale moriet² Deo ꝓ dicat Galien⁹
ꝙrabilis eſt mq̃ ſcia regimiñ ſamtatis ꝙia
facit ꝓrem vnū ſenem ē ſine egtudie uſq; ad
vltimū ſenectutis Ido ꝛpe Galien⁹ poſtq̃ ſcripſit

xtem regimmis sanitatis mis mourrebit ali-
qua egritudme msi aliqn essmeral/ et hoc sint pp
laborem in visitando amicos ant circa rem publi-
cam Testor deum et angelum eius michi assistn
ad custodiam meam ait ipe de Gozdoma q[d]/qm
diligent & studiose in tractatu de regimie sanitat
studuerit/ & doctina illam integre seruauit mis
moriet[2] msi morte naturali que maxs est sanus
& sulcus & sine pena sicut testat[2] galienus in de
sanis febrin Sed intellige q[d] regimen sanitatis
milhis debite pot seruare msi qui no est occu-
patus in aliqua occupacoe necia Optet eim quod
habit vite necia sine labore corpus & q[d] sit libere
subiecte in omnib; Preterea notandm est
q[d] octo ad minus necessaria sunt in regimine sa-
nitatis pmm est districta electio cui verum que
omnes debent & hbi. Secm est corpale exercem
voluntarium ante prandm hoc usq; ad sudorem in
aperiente vt salte usq; ad mutacoe spiritus
Verum est vtile & valde necm videlit ut omni
comedendi bn mastricent. Quarto est vt in
viget appetitus comedat & etiam adhuc in viget ap
petitus comedendi desmas comedere. Quinto
est vt in hora matutinali dormias vsq; fiat expe

facto voluntarie ipma vt dicit aristotiles Non in
cibis & potibus tm sed in sompno naturali alimur
& nutrimur Sextus est vt non in dolore aut t̃s//
ticia cibū sumat ipse aut potū sed in gaudio in
quatu est possibile & honestu Septimū est ut ne
frigus heat vt spiritat in spiritu pot neq; in hyeme
neq; in estate nisi post factam fleobotomia Oc//
tauu est vt vtatur croco in time cibarius/ qr calore
naturalem vnusquisq; digestionem confortat. frica//
tutem tardat. leticia inducit & humores noxios q//
gibet & putrefactoem / Legitur enim in historijs
antiquor quod rex quida potens congregauit tres
meliores medicos indor medor & grecor. & mandat
eis ut quilibet eor studeret assignare vtilem medici//
nam ipse si vtatur homo proficet sibi ad salutem
corpis & alia non indigeret medicina / Dixit grecus
assignauit & dixit qd/ simie in mane quolibet die
a prima calida pleno ore vti sum humorem redderet qd/
non indigebit alia medicina / Medicus do dixit
qd/ multu prodest vomito stomacho sume de gra//
nis milij Ego do aut aristotiles dico q ille qui
tantu dormit quod no heat in ventre pondero//
sitatem cibi assumpti no timeat egritudine gra//
uem neq; gittam Item qui comedit .z. Nunc vace//
mi pissi bone dilectionis no timebit aliquo modo

de infirmitatibus flemmaticis / et eius memoria eius
habitur et intellectus illuminabit / et qui eo vtit in tpe
conuenienti sue complexioi sermus erit et no timebit
febrem quartana / Item qui comedit uuas cu ficubz
et panis soliis ruté eodm die venenu ei no nocebit
Quesitu fuerat a Juliano que esset pfecta medicia
cui rndit dicens Scribitur cu gratia dei quicuqz
vult cotinua custodire sanitate stomachu seruet ne
cui sibi sit infimus cibus cui phibeat et ne plus hbi
det q̄m indige credit et de potu idem intelligendu
est / Item in regimine sanitatis intent⁹ nra. sollicitu
do nimia tristicia & hmdi q̄ma ois audencia ai de
ficiunt excepto gaudio q̄nod hmmodi ira nlo con
fert malencolias / nocet oo colericis Preterea sti
endu est q̄m mouere et in principio estatis pueri tm
sc hent ppe assilitudem q̄ualitatis tpis Alie aut
etates in tpibus contrarijs meli⁹ se hent sicut
senes in estate. iuuenes in hyeme et c̄ / Item in
regimine bone sanitatis hoz dictum sententia no est
postponenda / Si vis incolumis ois vis te vincere
Rami Cuncas tolle grauues / rasti crede pphani
Parce mero. cenare cane / ne sit tibi vani Sur
Pergere post epulas sopm fuge meridiem
Non tencas ventu nec cogas fortiter anu Si ti
bi deficiat media / medii tibi fiat Hec tria mes

leta labor & moderata dieta. Aristo[tiles] ant scribens A-
lexandro magno sic ait Int[er] ceta & Alexander cū
sit homo corpus corruptibile visu est/ mihi tibi st[u]
bar vtilia ex secretis artis medicine Et si hoc exem-
plar de regimine sanitatis intime pspexis & mysti hmo
pciosum ordinem constatus fueris medico no indi-
gebis exceptis accidentalibz bellicis .s. pcussionibus
& hmsmodi

Pdm capitlm quid sit p̂mo mane faciendm

Postq̄m ḡ homo bn & quiete sopim coplerit
& ps a somno exitatus fuit surgat & in
dumtm vestibus bonis & odoriferis si hett Deinde
modicū debet ambulare & membra sua modicū &
equalit extendere & capnt pectinare qz exercitio
roborat corpus & pectinato extrahit vapores ad ca-
pnt astendentes a stomacho tpe dormicois et
cū hoc studeat expellere superfluitates corpis sui
asselando mingendo tussiendo & sternendo Deinde
ablnat manus suas in estate cū aqua frigida qz ho
stringit & retinet vapores corpis & hoc erit exa
tato voluntaria ad edendū/ & cū aqua tep calida
ablnat manus faciem & oculos in hyeme Dem
de orare debet & deū sup laudare sedm doctrinam

legis fne & dnm sm exercitiis visitare Deinde si placeat legere disputare studere conferre aut dicta sapientū diligent' audire & tempate gaudere / una & tsti // tiam si possibile est / penitus deuitare / Cuius volum // tas comedendi inyta horam consuetudis assuescit te vtatur moderato cor16 labore deambulando nec eq' // tando p loca alta sed munda & a lacubz distancia .pma hoc multū proficit. Frangit em ventositate & corroborat corpus atq allemat / calore stomachi intendit & strngit compages & liquefacit superfluos humores & c

Terem caplm de exercitacoe corpuli et eius vtilitate

Scire aut debemꝰ auctores mediae q'dam re // gimine sanitatis vnctibz qnere & splen // dide exercem tpatu sit equale cibū debet precedere & applicatꝰ exercem tpatu sit equale quod toti cor // pori calorem pstat tpatu sit equalem & no excedete Quale aut debet esse exercem destribit Auicenna dicens exercem & motus volūtatis pp hanelitus fint magnus & frequens & oportet qd sit op'sine labore voluntario no necitate coactus sed totꝰ sit liber & apet' p sua volūte Et ideo opus exercitantiū agricolaꝝ

latannoz ñcatoz ſintoz ⁊ ſic de aliꝭ no ē medicabile exercem ꝙ no ē ꝓpe motus voluntarij ~~exercatorez~~ burgenſes ⁊ elanſtrales / ⁊ alij iſtis caſibꝰ ſm am bulat ⁊ ām ſcd no eſt ꝓpe exercitiū medicinale niſi ex ꝙ ꝓ pria volūtē aliquis tm ambulet ⁊ ita velociter quousq; ꝙ magnat fatigatiõ ⁊ hamelitꝫ mutatiõ / ⁊ tūc ſtatim debet ſedere vt quieſcāt ꝙ ſi ꝑſtimus moneat no eſſet nīſi fatigatiõ ⁊ tle exercitiū vocat tmpatiū ⁊ ꝓp tale exercitiū accreſcunt multa bona corꝑi humano primo ꝙ ſi exercitat mdē calor naturalis vigoratur ⁊ augmentatur ⁊ ꝙ ḡnes alie mutnes vt appetitiua digeſtiua ⁊ expulſiua totiꝰ corꝑis ⁊ c ⁊ alij ſpꝫ corporales vt viſus auditus olfactus mdē meliorant ⁊ ꝙ ḡſpicꝰ vi tus ymaginatiua ⁊ memoratiua ⁊ etiā intellectus exhoc illuminat ⁊ ſtto ꝙ / accideret error in medicamentis ſm tiū no eſſet multū notabilis ⁊ exercitiū fiat ſicut de beret fieri minꝰ corpus humanū indiget medicina aut raro ꝙ exercitiū dom ſimplex defectus aliorū ſan deant igit ꝙm timent fleobotomiā ⁊ farmacia ꝙ ꝓ exercitiū dom ſalubrat ⁊ ſanart ⁊ Dno tū ſmt exercitandi nīa · ſ · ꝙ no ſit nimis repletus ꝙ tūc diſſolubilit humores ⁊ eſſet timendū de apoſtemate aut febre aut ſubitanea morte In tli ḡ caſu ꝑcedat longa abſtinentia ⁊ deinde exercitetur vltra menſuram

qm nbi est mligencia no optet laborare Dicit ei auc
tores qd exercicium est vna de altioribz & nobiliorib⁹
rebus qne corpi humano pot applicari in regimine sam
tatis & plongatione vite multu nitim / qua exercicium
simplex flebotomia & farmacia ~~& p exercicium bonum~~
& balneum & cui hoc no est timor in exercitatione nec a
mattendo n⁹ expensa sed ibi est pura recreatio cor⁹
& die dñi cui stat p loca munda / time enim exponit se
homo bono aeri & gaudet in vinendo &c Et i his
omibz tenet⁹ dnm deu sim laudare & magnificare
Fulgentiꝰ aut describit exercicium p modu decoratis
simu dicens Exercicium est humane vite fida custo
dia / dormientis nature stimulus / sopiti caloris lima
superfluor⁹ consumptor⁹ membror⁹ consolidator. morbo
morbor⁹. fuga vigor⁹. medicina languor⁹ tpis hu
mani. imminentis debitu. senectutis gaudium. salutis
adiutorium. oculi inimicus. & olim malor⁹ destructi⁹
Sed nt⁹ hec notandu est q⁹ exercicium moderatu
cor⁹ moderate calefacit & desiccat & ideo eo mode
rate decant⁹ flemmatici Omes no humectat & m
frigidat / & hoc innat colericis Ille g⁹ solus ab ex
ercitio se subtrahit qui felicitatis gaudio vult carere
Caliens em dicit q⁹ farmacia & vomitꝰ ex mag
na necessitate & raro sint expetenda Frigus em seml

vel bis in quolibet mense fazmatica vt vomitu pur-
gat̃e si voluerit corpus sim in malas vsus redigetur
et hymores nocuas gerabit deo q̃ necẽ est ad sam-
tatem custodiendã exercicia cotidiana ãbulacio ante
& bibens non pot esse sanus nisi laborauit. Patet 8°
ex dictis q̃ moderatus exercicia sex hꝫ utilitates. ꝑma
est q̃ma calorem naturalem excitat poros aprit hy-
res uiscosos frigidos & densos dissolut & dissolutos ꝑ
poros aptos educit. immundas reddit lubricas & ex-
peditas ad motũ & membra totius corpis roborat
& solida reddit vñ & moderatũ hymores nocui ꝑ mo-
deratũ exercicia saluberq̃ purgant. q̃to ꝑ catarticũ & vo-
mitũ quoz neutrũ fit sine detrimento nature. et
sic ad debitam nature conseruacionem necia est exerci-
cia fit & quies interdũ. Quies aũt quãt opponit
exercicio alia a spualibus alia corpalibus quoz vtrq̃ sitis
erit nature q̃mesurata erit salutifera ãie & corpi
& sanitatis corpus conseruatiua si aũt exercicio aggrauet
si quies nimia sit est malor hymor generatiu nutri-
tiua multiplicatiua & corruptiuus mundatiua ma-
gne q̃ nimis quiescunt putrefiunt sitis & fervũ et
quodlit metallũ rubiginat q̃ nimis debite vsitat̃ &c

Quarto capitulũ de speciebus exercicij

Spacio aut exacuor sunt multe secm diuersitate
statum 2 psonaq qua aliqui sunt fortes aliqui
debiles aliq timidi aliq pauper aliqui plati aliq go//
uerna uxi aliq religiosi & mobilissimi et aliqui d tempus
plumale & aliqui no & ido optet multas hic spes
exacuor est deambulare ante pradum p tota alta et
munda et esto melior spes mt gotes illius modi ex//
acui est equitando sed iste modus est p diuersis sed
optet qd magni plati hcant alios extendi modos
In canna debet esse una corda grossa m fino nodata
& suspensa & accipiat ista corda cu duab manib
& homo ille debet stare erectus vel sic teneat bacu//
lum in mam sua & alte auferatt a se si pot recte tra//
hendo vt auferat denarii de mam sua & qd ma//
nus sit clausa. Alius aut modus extraci est qd vesti//
catt ganeliti & quod impellat visus caput vel
visus ventrem & est multu utilis ad expellendu sup//
fluitates nocuas sicut exercitiu & qui in corpo sup//
flua sunt removenda tunc si no est alia aptitudo
extendi ganelitg subito removeat cu fortitudine & int
tu inuabit sunt & alie spes exacui & membrus
lassatis sicut currere luctari & saltare vt lapide
piccre & ita de multis aliis spebz exacui que tota//
do fiunt a membris &c

Quintū capitulū qđ se habent ī pūdio

Et statim aut tpate modo ꝓdicto tūc postq̄m
q̄mēdit comedat modicū panis tritici recētis
bñ cocti & aliqualit fermētati Deinde capiat vinū
bonū vinū claru odoriferū no antiqū nec nouū sed
matutinū Deinde q̄mestat & stendeat in dictis ſpectu
Deinde solacet² & gaudeat cū amicis & dilectis &
honestis ſorbno Deinde ꝑms vespas maneat sūd
estatem capiat nisi continuando cotidiana impediat.
Secundus dicit doctina medicoꝝ est q̄d hora comedendi
sit de die sit de nocte & cū incipit famescere
sed tūc fames vera sit & naturalis & no ante nec tūc
tardet q̄m ut dicit Auicēna stomachū ꝓt solutū
fame pati putridis humoribz replet & tūc sequit²
repletio fumositas ꝑt calorē attracta ad os sto
machi ita q̄d postea bñ velles comedere appetitus
debitus habere no pot Insuper notandū est q̄d nullo
debet simē cibū nisi bene stomachū no dū stomachū
esse vacuū a ꝑori cibo quod cognoscet ꝑ desiderium
comedendi et ꝑ simplicitatē salme ascendentis ad os
ꝑma si quis cibū sumpserit sine desiderio comedendi
nocebit cibus calorem naturalem stomachi geli
at Et hoc cū comedere desiderant cibū sumpserit
nocebit calorem stomachi naturalem sic nocens
Sed hoc & hmōsmodi intelligenda sunt de illis qui

habent cibum ad velle p.ttu. qm sunt sic nō hent co/
medant qu hre possint qma tles non subiacent le/
gibus artis medicine Quo ad qualitatē ciboz
intellige q tibus qm competit in regimine sanitatis
no debet excedere in aliqua qualitate qm ea que exce/
dunt in calidtate exprimt succum sicut piper nas/
turcium spe salsa menta petrosilim & silia. frigida sunt
mortificant & congelant sicut lactuca portulaca cucu/
meres & hmusmodi Et si sit qualitas minus agens
putrefacit sicut sunt melones & cucurbita Et si fu
erit minus sicca virtutem auget & si minus ductuosa
supnatat & impedit digestione Et si frigidt nimis
dilata opilant / et si amara pectus no mittunt et si
salsa adurunt & corrumpunt & nocent stomacho / et
si acetosa calefacit & mducunt senectute Nullus ḡ talis
cibus competit in regimine sanitatis corpi humano q
solus qui caret om additamento Competit ḡ caro
agnina caprina edulium & vituli lactentis & capetut
galline capones pdices fasiani & pne anes in capis
degentes & nemoribz longe a lucis & tpribus anni
exhiberi put hmeris cuniculus & pulli galline &
extrema porcoz & pisces squamosi de aquis mundis
& cassentibus & ova sorbilia borragines buglossa &
panis tpticeus bn coctus bn fermentatus cū tpata
qualitate salis & ꝑ/fit de vno vel de duobz diebus

ꝫ rōi de alijs q̄ nō nūlōm excedūt m aliqua q̄ra
tate q̄uis si de excessu alicuius qualitatis excedēt
timuerit nocumentū rectificetur p̄ gr̄az̄m Vbi gr̄a
Oi nocumenta eueniūt ex viciosis dantur ſtiptica ſic
est casens ꝫ pira ꝫ silua Dulcia q̄dm ꝫ amara ꝫ a
cuta p̄nt rectificari cū pomis ꝫ dulcibus. Acetosa at
rectificant cū melle ꝫ vino antiquo ꝫ ita de alijs
Et si debeat vti fructibus vtatur m̄ principio comes
tionis ſicut vuis ꝫ amygdalis ꝫ hmōdi ꝫ i fine
comestionis modicū de pr̄o aut coctano Item com
plexio hois cōsideranda est vt si fuit tp̄ata cū ſilibz
ꝫseruet. et si sit distempata paulatim reducant ad
tp̄amentū p̄ gr̄az̄m ꝫ ido sanguineus distpatus det cibz
vergens ad frigidū ꝫ humidū. colericus vergens ad frigi
dū ꝫ hūmidū. flemmaticus ad calidū ꝫ subtiliatū
melancolicus vo ad calidū ꝫ hūmidū Omnes em
mala complexio reducenda est ad tp̄amentū mſi vi
te nīa impediant Et nota q̄dam lac ꝫ pisces
sunt sepe comedunt lepra aut macula menſunt
albam Item vnum ꝫ lac sunt sūpta vtrūq; opant
Et hec de qualitate ciboz ſufficiunt m̄ p̄senti
Quo ad quantitatē ciboz intelligē q̄ quantitas cibi
z potus debet esse tanta quod calor naturalis
posset sup̄are ꝫ decoquere Alit em cōsumit corpus
ꝫ debilitat mītus Alit em quantitas offerendoz

certis litteris denotari no post Recompendu est g ad
exprimentu & ad vsum laudabilem Preterea intel
ligendu est q nullus debet simie cibu post extremu vel
balneu nisi prius fuerit quietatus & incepit esurire &
tunc cu prandere voluerit si duos sit ponat2 ante eu
plures cibi & quos desiderat ita eis comedat Si eu
duo sunt cibaria quoz vnu est optimu & aliud mmg
bonu si tunc mmg bonu desiderat & appetit2 cibz illis
debet eis comedere q alte Et quod melig sapit me
lius intrat q indigesta Et ido dictu est quu cibus
qm amplexum cu delectacoe inde amplectit2 a stoa
cho & comphendit2 & du ietinet2 & ido melig digere
titur & ille qui melig digerit2 melig & corpi nutritur
Alter vo qm no appetitur sumit2 cu quoda fasti
dio & ido non ita bn digeritur Ergo plus appetet
carnem unctuosa qu gallinacia unctuosa tunc
esset comedenda & hec de aliis Sed ubi multa est
distancia ni qualitate non est ita pcedendu Sed tu
cauendu est q no sit ydone erroneus appetit9 sicut
est aliqn in mulieribz pgnantibus qm licet sit q
joneus no tu ido est denegandu Preterea intelli
gendu est sedm Galienu in de regimine sanitatis
q in eadem mesa multi capetunt cibaria plura &
ido ipsemet Galien9 erat contentus in mane solo pane
& in sero solis carnibz Cui vo duo cibaria sumunt2

m cibm mensa tñc malñ est m se q malm e m se
lacte vnq ad alterñ In se qñ alit laborat natã
m digendo grossa q alit m digendo subtilia q ita
de alijs qualitatibz ciborz In relicte mit vnq ad
alterñ qm si cibus subtilis p̃cedat cito digerit q tra
hit secñ grossum indigestñ Cñ vo grossñ p̃cedit te
subtilis cñ sit digestus corrumpet qma no hñt exitñ
q ideo quocñq; istorz modorz fiat est semp malñ
magis tñ mc̃m est q subtilius segnat qm corrupto
rectificat p subsequenciã qm immixto est facta ad
aliam spem sed cruditas certa spem est q quod
modo rectificabilis est qm g malñ est qñ subtile
p̃cedit q m hoc eueniunt ẽthicus q Amicena q p
cedentes Doctores. q forte longa consuetudo gra
via tollit nocumentu Intelligendñ est eciã qñd
sume corrumpet ẽtñe digestiua qñ crudñ pomt
sup semicoctñ qñ crudñ impellit alime q ita semi
coctñ corrumpit. Preterea milius audeat sume
cibñ m tanta quantitate q generet inde stomachi
ant ut dñs sedet appetitus imo debet cessare in
tegñ sedetur appetitus qm post modica hora ces
sabit Sed qm exercito vehementi vtat q est causa
mmoza mala p.ducet Qm aut ẽthime ysica
nequit morte subitanea moriet aut malis egritudib;
capiet licet cibus de se esset optimus qm rone indi

gestiones corrupt² Caueat² g̃ cū sima diligencia stoma//
chus a cibis sꝑfluis & potibus ꝙd si ꝑ infortunium & ꝑ
menda accidat statī euomat Accipiat g̃ aquā calidam
cū cle & stic a tplici euomat Digito vt pema in ore
missō et si non pot euome stet sup pedes longo tpe
deinde dormiat Si aut dormire nō pot incedat multo
tpe & nō accipiat cibū vel potū ꝑ signū quatuor ho
ras Deinde accipiat² modica parco cibi cū vno hmōi
vini puri oduriferi In tcia die excitet se fortiter & bal
neet² Deinde panē comedat & postea dormiat Deinde
Vtat² electuario Diatēon pryon sēdm quod dicit Auicenā
Due sunt cause ēgtudinis principales .s. diuisitas fer
culoꝝ & plicitas mense. et causa hmōi est quia qn co
medit² ex diuisis ferculis ex eis generant² humores su//
pflui sū mali & natura multū laborat in digendo In
plongacōe aūt mense cibus ꝓr assumptus an stomū
incipit digeri ꝙ digestū trahit sēm indigestū adeps
& sic ista duo sunt cause infirmitatū . Ideo sēdm doc
trinā antiquoꝝ in bono regime sanitatis nō debet ho
mo cibū ad saturitatē neq; in eadem mensa accipe
cibū insuetum gener̄ ꝙ vt dicit Auicenna aut Ciba
ta multiplicata & in eo tempore ꝙ longata michil detri
mēti dicit ꝙ dutiqm contenta erunt sola panis comes
tione in mane & solus cenus comestione in cena
et cū hoc dicebat maior cibus debet esse de nocte
nisi contraria consuetudo impediat Dicit ēt Au
cenna quod sam meliꝰ debent comedere circa nocte

ꝙ in mdio

9

Se villa nalia m quadragesima qñ dulcuzmo vsus est opi//
lanem alimentoz vt pisan & polentaz Utile est ad sana
comissione sustmenda & comsumdi m principio refectois sume
pmxti pisaz & hoc est illa aqua qua sapientes multi co//
mendauerut qne sic fit pisa mit aqua dulci remolliat2
p noctem in cadin aqua sepiente de bulliat duobz vt
tribz feruoribz deinde colent2 & colatura seruet2 Et
appmquante hora refectois addat2 ei pauil vini albi &
modicu de pulue spicenar2 & de croco & sale in moderata
quititate Deinde uno feruore bulliat2 & appmet2 in
principio refectois vt detur ad potandu Tale uinu bzo
dinat apit & mudificat venas capillares epar & uias uri//
nales & pseruat a calculo & ab remo pcipue si pisa
remolliant2 & detoquat2 in aqua pdicta cu petrosilio

Dextu capitulu qmodo se debit in potu

Potus sit in mensa quanto minus est possibile
Non em debet homo in prandio multu potare
ne conferat cibo transitu minus festinu & sepiteoiu
faciat int2 stomachu & cibu mt faciat cibu supnatare
aquosa tu debet potare vt cibus sit tu pmixtus & tpa//
tus & nec faciat nimis magnu uthallu nec debet bibe//
re multu una uice nec post primu morsellu debet potare
multu & multiplicare uices Non debet em in minua qu//
titate bibere qmu sint competens in egritudine sanis est
uinu citinu clarum odoriferu nō nouu cū tpatu quadritate

aque mde fontis ꝓtꝛa mittis audeat potare aqua
frigidam stomacho vacuo nec post magni labore aut
exercm̃ nisi ꝑius gmeant nec ꝑde nocte potissime mare
pustulo gnoma langues sompnus est cura cigz ꝛc̃

Septim̃ capitlm̃ Qmd sit agendu sit post
prandium

Cum aut aligis sumpserit cibu debet stare aut
sedere ambulare donec cibus descendit ad mfe
riora stomachi ꝙ tunc dormiat aliquatulu ꝙ tlem
fiat digestio ꝙ ꝓpne dormire debet iacendo sup
ꝓtem dextram sinistre iacere sup dentem homi est dn
tn stanchitus no aggdiat ex hoc Sz nullo modo
debet dormire sup dorsu qm mde retinent sup flinta
tes ꝙ parant ad pessimos morbos Item quato ab
fuerit grossior ꝙ in maiori quititate sumptus tanto sop
nus nocturnus debet esse ꝓfundior ꝙ plixior ꝙ cu
cibus fuit subtilis ꝙ pancus sompnus det esse bre
vis ꝙ lenis Et no hic qd sompnus nocturnus multu co
potat sembz qz humectat qm ut dicit Avicena quod
Philicmus constituit in senectute comedebat lactucas
cu aromatibz ut melius dormiret ppter sompnu mul
tu valet ad digestione cibi sed post mimi no valet
sompnus immediate qm timendu esset de suffocacoe
Et nota qd sompnus minus no competit corpi
humano qm calor consumeret humiditates Sopnus

ant nimis breuis aut nimis longus corpus extenuat
& corrumpit Et nota q̄ decubitus naturalis est qm̄ d̄
plus sup partem dextrā time em melior fit digestio
Nam supponitur time epar stomacho sicut ignis lebeti
et post primi somnum debet se vertere sup partem sinis
tram vt dextā melius introitus que fuerat/ depressa pp
decubitū vn intimentū nō potāt penetrare Et post
3m̄ in sinistra sufficienter iacuerit vtrū se debet vertere
ad dexteram & ibi iacere p noctem nec debet in la
cendo tenere pedes nimis extensos nec nimis duplicet
tos sitr de brachijs & de toto corpe sed figura debet
ee mediocris mt̄ dic cruū & extensū Item nō accu
piat quin electuarium nec aliqua multū calida post ci
bum qm̄ cibum corrumpit/ nec statim post cibū quin cur
rat vt multū equitet qm̄ dic motus fortis corrumpt
cibū & vtius digestiua viget p quinctē Item post cibū
& ante cibū vitet dic ho dia tristosa & angusti
osa quātū est possibile Et sicut ante cibū exercia ad
regenda sanitate optima sunt vt ꝓ ostensū est qne tū
post cibū erunt maxie sanitate impedientia Preterea
Aliqs dicit qd/ sicut aqua effusa in olla bullente facit
ebullicionem cessare ad tempus sic potus si suppfundat
sup cibū in stomacho dum est in digendo facit ad tpus
digestionē cessare & ideo no est bonum multū potare
post prandium quousq; cibus digerat & digestio in
stomacho compleat/ imo sitim tolerare post prandium

commencs est .Ad digestione Jtm vsificator dicit Cri
vis post cenam stomachi depone pena Stra vn sis fes
sus vt mille pfice gressus Et alius / lote cal sto pasta
t. j. frigesse mmte & quod in crapula vt digestione cibi
quecmq; fiat ctnsa non competit exercicm vt balneu
nc fleobotomia nec & fricatia sed quies & sompn & ab
stmentia & diation & pipion nt pricti est exercicin eciā
non competit a principio .p. mdo dissoluent hmores
illi crudi & rcnt ad membra & mitigent tli imtri
meto non bono & hoc est pessimū nc ecia ex tli exacto
in tali casu consortit calor natmalis sed magis debi
litat & suffocat ppter hmore crudū comotū & disso
lutū vt sicut aqua extmgnt ignē ita & crudus hmor
calorem natmalem & c

Octauum capitulū de malis regnimis
nocumentis

SVnt aut multi qui vtunt non solū malo regi
mine in cibis & potibus sed & pessime & tū
bū est in eis vt digerit bn & gradiat in tali regi
mine & dezigent medicos & alios qui vtunt bono
regimine Credunt em se exensari ab errore suo p ysue
tudine qm consuetudo est vis magna valde in gser
uatoe corpis hmani & hoc satis innuit Galienus
in libro qm de questionib vbi dicit q consuetudo
est altera natura Postqm g. habet tanta virtute inde

esse obsequanda Complexio consuetudo & etas mdi//
gent subitus Mattina em gaudet in consueto & leo
delectatur & illud amplectit2 / et ideo quod ex consu//
etudine sumit2 melius digerit2 em & Anoteima dice//
bat malus cibus vsitatus melior est bono no vsi//
tato Oppositi tri cum isto4 videt2 dice constatinus
dicat cum Non gaudeant malo cibo vtentes qui &
si ni psenti non ledunt2 imposterum tri passione infir//
mitatis no cuadent Ad hoc pot dici q consuetudo
aut conuenit cum naturalibz aut non si conueniat aptus
est & tenenda si no conueniat hz parum discrepat & no
est habituata multo mozo est tenenda / Qui est habi//
tuatus subito debet no subito se paulatim qui licet
videat2 eis qui malo vtunt2 regulariter ex consuetudine
qd / cum se deat ratione etatis aut fortitudis virtutis
naturalib & qualitatis melioz cadit vtentes in
minus & ita cotidie patiant se mala leuia aut
mozteu subitanea sicut sunt illi qui longo tpe
vtuntur carnibz antiquis salsitis aut pisibus
bestialibz aut lacte & pisibus aut lacte & vino
simul. aut caymbz quasi caricis aut qui parum dor//
mit aut etas qui minus exercitat se post cibu aut
qui sue mensura sistunt calcon vel frigus &
ita de multis alijs similiz quod verum est de
talibz quod si non desistant prissione infirmitat

nom essadent/ nisi eis deus ex speciali gra succurrer[t]

Explicit Dictarius optimus

Luna venus. stilbons. sol saturnus jovis & mars

Est aries taurus gemini cancr. leo virgo
libra & scorpius sagittarius & capr cornus
Est & aquarius hinc comitant[ur] postea pisces

Sunt li. ari. stor. tau. ga. gemi. capr can. a. le pis. vir.
Hi ponuntur ut in ordine quos sequunt[ur]

Est tibi saturne domus ecclesiarum & hec
Jude iovi dona pisces sic acta chyrona
Est aries martis & acute scorpio partis
Libram cui tamen venus ambit prima amor
Instruit ergonem stilbons geminumq; catone

emmonia de tuis non dicimus

& pestilencia in Anglia regnante 6to anno regis henrici .V^mi. Item vnus lapis qui vocatur peerle tunc accepe vnciam coralli & dimidiam & tantum pteris ambre oriental. cum ponder quor denarior & de nostra & we tunc pondo .x. di. Scripte quia ista sit vsus ad pulmonem tunc accepe & de aque que vocatur drauenne & .2o vnc aque tunicel & quia ita pt ponenda ut requiescant & tpis .2o. diu & noctu .2o. & tunc oportet coquant sup ignem & stando ordinate

Medicina strangurie et excoriations vesice an atma

Rp | potellam sem coch et despumati schoyt vnce .vj. Bynes .iij. pere cum .ij portumbi; hordei coquant omnia vsq; di lignor. fma et tube mundi vsq; ad ... & bona potus ...

stomak the rede colowre requyth in ye same place but a lyte towarde the hyste the blak colowre requyth towarde ye lyfte syde on ye myste. Fleume requyth a lyte towarde the hede a lyte to the bladder and a lyte towarde ye bodye. The hyndes of these my humours be suche. The blode is hote & moyste and swete. The rede colowre is hotter. hyere and drye. The blak colowre is sowre colde & dryge. Fleume is colde Galle and moyste. Ales blode

rum eiadent/ mst en deus ex speciali gra seruauerit

Explicat Dictarius optimꝰ

Luna venus. stilbons. sol saturnꝰ Jouis & marꝰ

Est aries taurus geminꝰ cancꝺ. leo virgo
libra ꝙ scorpius sagittariꝰ & capꝝ cornus
Est & aquariꝰ hinc comitantꝫ postea pisces

Sunt li. ari. stor. tau. ga. geminꝝ. capꝝ can. a. le. pis. vir.
Ty oppointur ut in ordine quoꝙ sequntꝫ

Est tibi saturne domus eglotteronꝫ & urne
Jude iouis domus pisces sic atꝙ chyrona
Est aries martis & acute scorpio partis
Libram cui tamen venus ambit prima amor
Suscipit ergonem stilbons geminumꝙ tatone

Jord a ue pabuli
uū mlibꝫ unte celestis

℔ pestilencia in Anglia regnauit 9no anno ℔ henrici .A.mi Recipe vnc℔
lapid℔ paosi vocat℔ peerle tunc accipe rubeam coralliam dimidij vnciam
℈ e tam ꝑtem ambre oriental. cum ponder 9or denarior ℈ de
mitra q℈ w℥ creet ponder. 2 dj. Postmodum cum ista fuit vsta ad
pulueres. tunc ꝑ accipe q℈ supe que vo℥ dragmas. ℈ 2o
vnc℔ aque tunicel. ℈ cum ea ꝑt℈ pone ita q℔ requiescant
℔ tp℈ 2o. diez ℈ noctem. 2o ꝑ tunc cum ea ꝑt℈ coquant℥ fiat ut supe
℔ scam ordinem

Medicina strangurie et excoriationis vesice cum atrita

℞ | potellã seri caprini et despumati libras vnde ay ℔ Bruscheti
ag ℔ tere cũ ℔ portumbis horarie coquant℥ cum vsq; di
lignor℥. sna et bibe mane ℔ vesice ꝓdest et cũ bona potu ℈

stomake the rede coloure requyreth in ye
same place but a ꝑte towarde the hefte
the blak colour requyreth towarde ye lyfte
syde on ye myddle. Flewme requyreth a ꝑte
towarde the hede a ꝑte to the bladder
and a ꝑte towarde ye bodye. the hyndes
of these my hymours be suche the blode
is hote & moyste and swete the rede co
loure is hotter & drye the blak
colour is sowre colde & drye. flewme
is colde & salte and moyste. Ale & blode

Est aries taurus gemini cancer leo
Libra scorpius sagittarius capricornus
Est aquarius hinc comitant[ur] postea pisces

Sunt li. ari. stor. tau. ge. gemi. cap' can. le. pis. vir.
Ty oppointur ut in ordine quelx sequnt[ur]

Est tibi saturne domus ecclesiarumq[ue] labor
Inde iovis domus pisces sic artus chyrona
Est aries martis et acute scorpio partis
Libram cui tamen venus ambit prima duos
Suscipit ericonem stellionis gemineq[ue] latonę

Here begynnyth the xxvij boke of mayst̄r
Peeys of Galeyne as he tu̇ssposyd it owte
of latteyn to englysshe at ye requeste
of dyu̇ers of my lordeys ffrendys the qwene
of ffrayne. And as it was affyrmyd by ye
opynyons of alle the maystrys that tyme
in Galleyne dwellyng

¶ Yffirst ye body man is made of myche
monys that is for to wyttē of thre
de of yis colowre. off blak colowre And
of flewme. colre of thes my. humonys qwz
fruth the body ye is ye hyest. owyd stede ye
blode leyneth in ye vrosth syde next on ye
stomak the rede colowre reigneth in ye
same place but a lytyl towarde the hyste
the blak colowre reigneth towarde ye hyste
syde on ye myltē. flewme reigneth a lytyl
towarde the hede a lytyl to the bladder
and a lytyl towarde ye body. the hyndes
of these my humonys be suche the blode
is hote ¶ moyste and swete the rede co
lowre is bettyr clene and hyer the blak
colowre is sowyr colde ¶ dreye. flewme
colowre is sowyr colde ¶ moyste. Ales blode
is colde Salte and moyste. Ales

Sanguis

Colopnus

Melancholicus

Flegmaticus

waxyth and vereyth from ye xiiij day of
Feverer to the viij ides of maye & that
contynyth lx dayes & xij. The rede colore
waxyth and vereyth from the viij day of
maye to the xiij ides of auguste & is xxxvij da
yes & iij dayes. The blak colore waxyth
& vereyth from ye xiij ides of auguste vn
to ye xiij ides of nouembre & yt contynyth
iiij dayes & xxvij dayes. Flewme waxy
neth & waxyth from the xiij day of no
uembre to the xiij ides of Feverer and yt
contynyth xxiiij dayes and xij dayes. The
iij humours ben deptyd be nyght & be
daye. The blode reygneth in howrys
that is from the xij howr of ye nyght
on to ye xij howr of ye daye. The rede
Colere raygneth from yt tyme forthe
as moche. The blak colere raygneth
as longe. Flewme reygneth as lange. &
fro thes iij humours be conteynyd iij
howrys Accordyd as ye ben before yche
syd. And thus these iij humours have iij
vsshys goyng owte of the body. The
blode vsshyth owt of ye nose rede colere
out of the eyys blak colere owte of ye
eyne. Flewme owt of ye mowthe. The

Blode makyth a man hayde strytyng ofte
make & full red. Rede colerye makyth a man
hawe euyll dremes schapyth to loke & walk ha
debynd. Blak colerye makyth a man pay
ute he hawe and schakyng and a wrayd
ayr thynkyng & sleppyng and euyll dremes
and he schal have blake wrechys in hys
handys or in hys fete. Flewme makyth
a man slutte walkyng thynkyng & cow
wayd and to wayk ayrye hys. And for ye
tyme that any of these iij humoures be ex
ite seyde on bowyth of so it tuyth man
or woman and thay to dyete ayre. But the
se dyete & comforth maystres schuld we
the humoure yt is for nedy yf the blo
de ouercome the humour ye wheche blode
is fruety ayenste & dryc than gesse hym
dryn[k]ys and metys goode ye ayenste
yt is bytturr dryc & colde. And yf ye red
colerous ouercome ye humour yt longyth
to hym ye wheche is ebyttyr dryc ayen
and hote thay gesse hym goode thynge ye
ayenst that is to seye swete thynge
moyst and colde. And a geynst the blak

Of leyre ye whech is cold dyre & sowre
erthe hym hote moyst & swete thryngys
and a erthe ye flewme that is colde
& moyste. Of a zenst wose salte hote
colde and dyre thyngys. What mand ye
wyll ye vnderstande he maye herby me
the gode leyr & knowe. ayany thyngys
he maye leyr ye be gode for to holde &
vnderstand what falleyth to eny mand &
womand. As thus whech a mand may not
lyghtly be helpd nor longe a byde i the
le And whyre ffor fuche is hys qualyte
ad hys makyng in nature. ffor every
man & womand is made of iiij elemē
tys that is for to vnderstand ffyre watyr
erthe and wynde. And these iiij ? telle
zow dyd in fuche mand assemblyd bothe
in mand and womand and sette to gedyr
so moralyll that non of thems maye
be stablyd. The fyr wasteth and styr
eth the watyr ye eyr and alwey ye
ben i tyavelle. the wynde and the
erthe trayll ye atlye Also these iiij
are hote moyste dryre & colde. And

a monge them is ofte adnersite wher
fore ther is a monge them ofte aduerste
and contrarioustesse. wherby the peple
fallyth in to ofte sekenesse in dyuers
wyse. But yf god ordeyth by nature
ofte ayen in seyles that ben wyse
wet ayes wyndes and frostes. the
whech engendrid in dyuse places and
good it is to knowe the wyndes of the
the whech also ben the sedys the flow
yes the leuys & y^e frutys.

The Auctor of the planetys
be almagest in the centologye
of tholomye. euery lymme of mans
bodye is gouerned by a certeyn signe
of the zodyak wherfore as seyth tho
lomye yf ye be sek any lyme do
no medycyn to the sek whan y^e mo
ne is in the signe of the leme for it
schal gather hyndyr thai forther &
namely the blode lettyng in the lyme
at thoo tymes do whan ayen ye
mone in the hede he yeuyth holly
in y^e place. Lungs in the nekke & in
the throte. Lunge. y^e schuldyrs.

in the shuldyrs hayrnys and handys. yis
ny be the sygnes in ver. Cancer regnyth
in the hyest stomak nyste hette lyvyr
and the galle. Leo regnyth in y^e bakke
sydys bonys synewys and gly strollys
Virgo regnyth in the woumbe grettys
and gyrdyl and sumtyme in the stomakke
lyver galle and nyste and othyr mem-
tyrs lymys be nethe the mydrere. thes
sex ny be the sygnes of Vomyr. Libra
regnyth in the navyll the Reynes.
and in the lower pty of the woumbe
Scorpio regnyth in the Abladdeyr
arse and in the nethyr clothe of mud
and woomdw. Sagittary regnyth in
the thyes and the kuddokys. thes
ny be the sygnes of hegrest. Capri-
us regnyth in the handys and kne
ys. Aquarius regnyth in the schyn-
nys and calves. Pisces regnyth in
the fete. and thes ny sygnes be the sym-
nys of woydyr. Also ye most knowe
wthand Saturne regnyth in y^e sygne of
Capricorne aquarye & pisces xxx long
schal be schaftes Darthe of wyd of

Kalendr Junius

ſſhute & of beſtys & tobyll a mong the
mooroo ſtoppyl ſſor in thyſe my Cyrcuce
he ſhall moſt myght to fulfylle his
maleyſſ But yf he be ſetty3 be neyb3
hode of any good ſtplanete as Jubr
ſol & venus & the reigne of thy3 pla
nett ſhall laſtyth xxj 3er3 & moy3.
Alſo all y3 3er3 is yewlyd be the ſyrſt
daye of the kalendys of Janyu. yf it
ſhall on the ſondaye than wynt3r ſhall
be gode & wayne & woꝛudye. bef
moyſt & good ſomyr dyke hayneſt woꝛ
dye make corn & good plentye of ſh
te hole ſchip wayne 2been beſtys ſchal
waxe. Cattoce ſchall dye. Delyte oft
batayles loſſys & hyngre ſchal be
dyſcouyd many thyngeſ and meyre
lys ſchall 3eyne and many tydyngeſ
ſchall ꝯe. Alſo olde ſolke & 3onge
ſchal dye. and than ꝑces ſchall 3eyne
in londe And in the myddys of auguſt
it ſchal 3eyne ſch & tyle ſchal be
gret plentye. And yf it falle on A
moncdaye it is to ſeye the ſyrſt daye

of ye kalendys of Januarye wyndys yan
schal be mykde stronge and grete. Merys
dyche somyr wyndy and dyuerse tempestf
harueste eyete and hostys eyete manye
schal dye be eyete sekenesse and pestylence
namly of zonge folke eyete debate and
eyete delytz i batellys & many schall
dye by them. Also chaunge of kingdys pn-
ces and kingethis & potestatis schal fyll
sche be zyonge / many a theefe schall be
And ho be wyndys schal wekk spede. eyete
wosyre schal be. many thyngys schal o-
me. & maystrys schall be in many pt-
ellys and moryne of bestys and beer
eyete flyghte of mad lytyl ospe and
goode lytyll lyncte and hone lytyll
wyne and ayle plante of appulys /
And if it falle on a tewesday it schal
be stronge wyndy and darke wyndys &
dyuerse wer wynde tempestys eyete and
many. Snowes wete and yayne schuyr
dyue heruest and flyghte of wonded
lambys schal dyssch. Herue ospes many
other hertys eyete deathys sroc pu-
del plantye of wheate ny be hope it wel
wyndys schal be thareffor not moste

plentye of wayte fysse alwayȝ mocche hony
ȝ ayayne of beſtys many ſyȝes and ȝ enyſſ
ayle ȝ nowe. Deſſys of ſtraunge ȝeſte peſty
lence Debate in Rome and ȝete oȝtayȝ.
And if it falle on a wedynſdaye wyntyr
ſchal be olde hayle and grade and ȝete ſno
wes. Nor wyndy an wykkyd and hote good
ſomyȝ. tempate heyneſt wheete ȝnowe wy
ne ſtoyle and ſkylfully chaffe. beſtys
ſchal dyſſh. many woundys. many tydy
ȝys and ſtyng ſlodyȝ. moche ȝong folke
ſchalk dye ȝ many holde folke ſchalk be
ſyke. Chapmeid and mchaunt ſchal tya
vayle. And if it be on a thurſdayȝ wyn
tyr ſchalk be olde ſtyng and grade weer
ſchalk be wyndye and ſomyȝ gode hay
nye heyneſt and ſmalle gode bytyke
wheete and ſmalle depthe plentye offe
appyllys and of othyȝ fruytys. And by
nette oyle and wayne ſkylfully ȝnowe
ȝete ſlodyȝ in heyneſt ayayne of
ſheepe and of othyȝ beſtys ȝete loyſys
ſchalk dyſche and peeo ſchal be. And
if it falle on a fryday wyntyr ſchal
be chaungeably. tybuoly and tempeſtyo

π

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eyete veed good & pundell roundys bonys
nothyr fatt good nothyr ful yelle blyk
fully good hepnest rohote & sonabyll
aray and of 3ong folke & of shap beed
and bestys lytyl lynat and mocha ayle
and pyk eyrnes shalle be many & tydy
eye many. And yf it falle on a saty daye
noyntyr shall be tempestyvous pundell
stynde and roundye veed roundy pury
fryd and pundell roote hepnest not most
pfytyable kepe rohete for to noyl be
saute in the ende of hy nest it schall
be pundell roundye hepe and kynde
not to most loydys schal meve kne[illegible]ys
many fyes and hepmygys schall be
ffyerote schall schenne and fryke ech
yffys schall be in pell and pundell
mayne of bestys. many mad schall be
sek in the fenyr tyrayd. And olde folke
schall dye namely in yt 3ol[illegible]

Kesp Seynt bede ye worthy clyke sey
the yt be on dayes t effectyall in ya 3ol
ye rohede be good and holsom for mad
kromand or dryke to blede rapon. ye
fyrst iot t ye begynnyd of may the the
ny daye or ye xxvj tette ye blade on ye

[illegible] ayne also in ye begynnyng of apl̃e
the xij daye And also in ye begynnyng of
of maye the iij & iij or v & vj daye on wch
thyr ayne ye wyght lete ye blode And ye
shall put a waye ye ferst ye gowte ye
ffallyng evyll & all maner of dyssesse
of blyndnesse

Yf ye be ye syenes of dethe to apperyn
a sek body hys forhes jede hys browes
shall falle hys eyen ye shall wax hy
tyl hys nose shall wax pale & wyght
hys wyrte shall fayle hys pous be fey
shall jenne hys fete shall wax colde
hys belly wexyth lape A yong man
wakyng & in an holde man slepyng
& of a man yf hys vryth ye wattyr
he shall dye & a woman yf hys
eyen yee be wattyr the shall pas
owte of thys woyld

Hec herba pulcra et herbis super omnes herbas. Nobilis et medicinabilis et vtilis et grata et honesta omni homini et omnibus animalibus et serpentibus

Deus qui in mundo primordia nostre actionis omnia ordinasti et metaphisicam per scripturas tuas sanctas precepisti ut omnes herbas in usu medicinale collectas in tuo sancto nomine + benedicas + et benedicas ut quicunque ex eis potaverint aut unxerint sanitate corporis et animi percipiant et omnes languores et egritudines depellant. Amen.

Domine Jesu Christe filii dei vivi qui es salus perfecta et medicina vera benedicat et efficatem corporis assequamur. ut hanc herbam benedictam herbam et mellis benedicendo + digneris benedicere et sanctificando + benedicat qui per herbam sanitate et [illegible] effugande exposta est ut omnes ex ea perpenda eruptant atque in te magis perstante columnis efficiat ut nomen tuum glorificetur benedicat et cum Amen.

Deus per quem omnia que creata sunt valde bona sunt + benedicas tua hanc medicinam sanctificetur unctum sanctificet + ac sanctificet ut oculis

qnbz exhibita sint sanctas scelesq; ac penas
absolute papę gaudeat et nome tm sm glo
rificent metm x qm vmsq;

Deꝫ qm ex vasis hebis medicina pre
ꝑ concessisti tn hmꝫ ꝓcatuꝫ cuiacone bn
dictꝫ et sanaꝫ digneris ac mtꝫ indigen
tibꝫ salutaꝫ tm ꝓstaꝫ et sicut tm
apostolis dedisti potestate ligandi ocm
mfirmitate. sic robustꝫ hec medicina
sint efficacia ntibꝫ mtm nois exhibita ora
expellant nocua et tua gracia bemꝫ
mmemat ꝑ Do. n. ihm xm ffm et cm

Hyꝫ begynnyth and tellyth howe a
man schal make hys salves playsteres
and oynementis after the forme and
bydding of mayst peys of Salayne

ffor Gene Erbotte.

Take rbugle pygle Benegle. rlbotayn
Anens smallache clottes of the rede
hed leves of the rede cole wayde hyꝫ
unsayne ꝑ the clottes of hempe clyde

alle these to gedyr and put yt to a pot
of oyle and let it stonde vp day
es styll And after sethe alle thes her
bys and straine hem thorowgh a clothe
then putte therto vj li of Iosepd and
vj pownde of shepys talowe and a q̃
tyrd of fetyd wex A potyow of lede
a potyow off Vernyse and boyle
all these togedyr then straine it a zen
and whan it is colde putt it in a boxe

For Emplome

For to make a playstyr of Emplome
Take a pynte of oyle olyff and half
a pownde of red lede A q̃tyrn of ly
tyse Betyn in powdyr And putte
them in to oyle Then sethe them in an
esye fyr and lette it boyle tyll it wex
dyke thorowe but not to longe that it
may blak be no wreye then take it fro
the fyr and put yt to A lytyl comfolye
if ye have it and it whyle ye wylle

For poppiran

To make Poppyran Take a pownde of

an halfe of Buddys of popler tyes
and the leves of maudyke an ye tendyes
of vynys and ye leves of henbane ye
leves of moyell and of fenyngreyt and
of blak clote of violette and of letuys
of tubaybe vmbelicq vnis Senegene
and vincularyn. aa ℥ ij and in ffi
flesch eyese of a stayne and than do
and make it ys take fyst ye Buddys &
albaye hem well by them selfe then
medyll them wt ye eyen and eyynd them
well to ecdyr and let it stande styll
iij dayes & on ye fowte daye gadyr the
fowsayde heybys and eyynde them small
and after melte all to ecdyr. and lete
them stande styll iij dayes in a clene
vessell thenne put them in to a pane &
sethe them. putte yi to a potell of whyt
te wayne & lete them boyle tyl the wy
ne wax thyk then streyne it thoyrow
a clene clothe and let it stande and le
le and than put it in a boyx whes yi
wyll for ye pappyan is gode for the
wode agu and for them yi maye not slepe

for to anoynte ye flete ye palmes and ther
temples therw and it woylle make a mad
to fleete if it be medlyd w oyle of ro
ses or of violettys

For blakke eyghyn

For to make blak eyghen. For a moymall
and for ye spyrs. take a quantyte of oyle
olyve And ye of fyne coporse and boyle
hem to gedyr w an esy fyr w owtyn fum
be tyll it wex blak and yn it clyve to
thy fyngyr. fro it wolle w a fyne thred
take it fro ye fyr and do it in a clene
vessell & kepe it to thy wse

For to make eyghen blak eyghen. Take ta
low of A schep & sope and fryche an
& ley A lytyl frankensense. melt them to
gedyr but lete them nowght eyghen by
no weye And wayte yt ye be moste fayr
ne then they nowght a cloth and wyll ha
le alt many of wormdys & styngyn bo
the hote and colde

For Scrots

For to make Scrots take of wheytyn da
ryssed xvj li. of clene ayste viij li. of rosyn

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my ℔ of virgyn wax ℔ ii of turpentyne halfe
a pounde of malowes my ℔ and bete them
small & a pounde of comyn & boyle them
all to gedyr. And whan they have bo
yled a myserecye lete them hole all a
nyght. And on the morow but if nede
be fyrste ȝ nowe put ther to halfe a po
unde of oyle and bathe it a ȝen put
ther to ℔ ii of sengreke beten small &
lete them boyle a wohyle then let it be
le and put it wap in A boxe

For vlcerys

For to make vlceres take ℔ ii of fryed
of glasse or of copp. And ℔ ii of lyme
vnquenchyd and fryed vnto doste & ca
lowed. then take a pott of eythe and p
vat thys vnto thyr. And stepe ye
morowe ye nexte day come in but make
a lytyll hole a bove & a bodkyn and
put it vndyr the eythe almost halfe
a ȝerd then take it wape and do it
whate thow wylte

Vnguctu albu

For to make vnguctu albu take A pynte

of oyle olyve and put ther to p a ℔ of wexe and boyle them and when they ar boyled take half a pounde of ceru se an vnce of mastyk an vnce of olybanum and a lytyll comfoyte if ỹ thare it to grynde these to small powder then cast them wexe in the oyle that is boyled and the powdyr. & stere it well tyll it be nygh cold & when it is take way take ỹ e white of iij eggys mad a gley ỹ and put ther to a sawserfull of ỹ e eggys then put it to a boyle. then take pyche. Bastion colofonye and wexe of eche iij ℥ Tuppentyne. Galbanum Amoyne. ogill ỹ frankencense. a q̃ of eche an vnce & iij ℥ then take a moller or elles stryke thy gummes in a mortar & leye them in vynegyr all a nyght. And on ỹ e morow put it on the fyr tyll they be moltyd in ỹ e vynegyr or ỹ strayne then streyne it thorow a clothe then put it ouyr the fyr and put ỹ to pyche moltyd & streyne them with sawnd then ỹ e

wexe moltyd and colaphym thew ẽpentyne
thew ye maistyk encrese & myxe medyl
hem well to gedyr and ever stayryd w
a stykke and wrighand it is boylyd ȝ nowe
cast it in to ye wortyr thew take it wp
and fisse owte ye wortyr clene then a"
nowrite ye moller 1· ȳ maistyk stond no
oyle de baye & no powdyr of eastoud
and malaxe it well ȳgid then make it
in malage leoma 1· a ȝolkys & kepe it
to thyne nose

Aliud nota alibi

Also to make a wrighte oyntment w A
nottyr manyr. Take of lytarge ȝ ℥
of ceruse ȝ ℥ of plumbos ℈ ȝ· of mas
tyk & ffrankencense. aa ℥ ȝ bayne thew
well in a morter of eldyr asse all to small
powdyr & put ȳ to a portion of ceruse
& tempyr wt all ye oyle powdyr
no a portion of wynegyr & a portion
of oyle. then stepe thew well to gedyr
tyl it be as thykke as hony. And thys
oyntement is for ye scabbys gold for ye
morfewe for a felowon & for alle ma
ner sroppys that comyth of corrupcon
of humowrs

A lond vnguentu albu

A nothyr mand to make vnghyte oynement
Take lytepse Camole myastyk fi a lenam
p plusk aū qnto yt to yᵉ pondyr of alo
vocs cpatyk & stroplyk vyr thand tepyr
it wappe vp vyneghyr and oyle as it is
be foyl seyde for thys is ypothi good
and holsom for dyuse dyseses pyle
spottys tetternessys & wrghat place of
mand or woomand yᵗ yᵉ be wt &c

To make vnguentu vnyte

ffor to make a goodly oynemat Take
Celendoyn Alleluia Couchache Gar
de Sabyones of eche an handfolle
of yude thand stampe in a mostyr pan
tepyr it vp fayr Schyppe talowe & to
oyle of eche / li thand lete it stonde
stylle in a vessell thand Schyre yein & a
vessell tylle yᵉ goodys ben to yᵉ gronnd
thand Strayne thein thorow a clothe &
sette it ouyr yᵉ fyr & put yto / li of
wape if it be wynturyr & in Sumyr iij
& thand put yᵉ to powdyr of masty
fi alkenerne & storaxcce an / ß of eyyr
boyle all these to gedyr tyll it be.

eyens thew take it ſſo ỹ ſtyll and ꝑut ther
to an vnce of allyng enotyll mad vpon
dyz thys poudyz and thys oyntment is
good for all maner of olde ſoꝛys ℔

Also longeth to this

Also to make a eyens oyntment take
celondoyn ꝑsly attra centyn gall. ady
ſtri pemſtroy aloes 1. noyle malo
voce and ſaboyns aā ꝯ ij ℥ hepe apa
thes oles communs aā. mylt. ceyſe ỹ ſt
maſtyc olibam noyſro opo aā ℥ ij
oles ꝑpatiaꝛ ℥ ij ℈.

Unguentū rubm

Also for to make a yede oyntment that
is ꝯtyll good to dyſtyll a woounde and
to cadyz ſtounde fleſſhe and good and al
ſo for the ſcabbyz and for a feſtyll ſo
ꝯ Take a ꝑcounde of olde ſwyns eyſe
and ℔ quarte of ſwoſe of plantayne ℥
of celondoyn. boyle thew well to gedyz
and ſtyl ỹne thew well to gedyz tho
ꝯtyll a clothe thew take of maſtyk
wn dyagmo. ℔ ſtyll of ſtyll of ſcabb
hymonyas of ℈ and ℔ oyl of ſcuroye

an̄ ℥ v· and medyll all to gedyr & put
ther to my ℥ of ye cuttyngs

Vngnatu salsa

Also for to make thys ornament vngnes
tm salsa take a pynte of olde stron
ges grece moltyd and clarifyd & oft
quenchyd ij. or iij. tymys ℥ j· mastyk ffrankensens
lytarge of lede an̄ ℥ ss salte of the
bayne my ℥ papolios i wohyte wex ℥ j
oyle debaye ℥ j ss· ffyrst take ye pow
dyr of mastyk· ffrankencense· lytarge
and led pwet all to gedyr on a pappyr
then powdyr thy salte as smalle as
ye̅ mayst and put it to ye̅ othyr pow
dyr· then clay m̄ a mortyr be tyme
for to worche thus· take a pynte of thy
grece and put it i to a clene morter
and put ye̅ to thy pouder ij. or iij. tymys
a pestell of tre̅ wel· then medl to
gedyr· ever a mong sprytte ye̅ to of thy
fastyng spatull and as it nedyth put
ye̅ to mor grece· tyll ye̅ se̅ye̅ no thyng
of thy pouder ij. then put ye̅ to all

thy eyes And w^t thy sparrowe medyll hew
well to gedyr a good whyle. than melt
thyn oyle debaye & put y^e to thy wexe
and wham y^e be well molteyn putte
them hote i the mortet ffor thys is a
principall oynement for sablys ✠ ✠

Unguentu Genestid

Also for to make thys oynment Unguentu
Genestid. Take hyssop flowrys m^t how
thesyd woode. Blak sope Red nettlys aā ℥
ij. sethe all to gedyr in A galond of watr
to wayne. Let it sethe tyl halfe be was
tyd. then wrynde thyn hayrys in A mor
tyr & put them in A zen to the wayne
and put y^e to a galond of eyren and A
pynt of honye. mych wayx Eaft ynd ℥
Let them boyle and stonyr them stryen
Hem thorowgh a clothe. & kepe it to thy
owyn vse for it is good

Unguentu Sopfassy

For to make thys oynment Unguentu for
sopfassy. Take a potell of olde eyren of olde
buttyr. Blysmstond asshes of aspaltye
aā ℥ j. of hyssop alone ℥ iij. Boyle all

these to godyr no[t] / 12 Rotreyca stre[y]t wexe
for ye ointment is gode for all man
of sekenys & a gode counsyle for alle
manez of seyge bothe nowe and olde on
waycurtyse

Unguentu[m] fusticu[m]

Also for to make ye ointment Unguentu[m]
fusticu[m] ye whech is a blak ointmente. it
dystroyth and helyth fayr and closyth.
Take ogle olyf / lb & an half wexe
& m colofony. & m turpche Gumme sapyn
of eythyr m dragmos mastyk olybaum
Galbanu[m] turpentyn an[e] & / clense thyn
ogle and put it in to an eythyn potte
ouyr ye fyr tyl it boyle then put ther
to thy wexe. and put in thy colophome
then turpche afterwarde. Gromme sapyn
and turpentyne. whech all ston put yn
to olibanu[m] & yt all ye forseyd be steyd
wele to gedyr. And all wexe streyn it to
it be colde and yan kep it to zoure
owyn wse for it is yethe good & holsom
for dewte.

Also for to make ye ointment Unguentu[m]
Dewte. take ye racyns of Roymandyr

of ſtrengthe ℔ li of Capres ℔ li of oyle oley
ſa my li of tyrentyne ℔ li of gallians of
grome wyld anz ℔ colaphone ℔ yerthe
ſode ⁊ ſaye all yᵉ thynge to gedyr and
put thyer to a poyſon of bathe ⁊ ſtate tille
ſtonde ix dayes ⁊ yᵉ ix daye let it boyle
ouyr yᵉ fyre tyll it wexe thycke. then put
it in a clothe and pnt yᵗ to a lyttell gote
wayte for yᵉ thyknesſe and ſtrayne it thro
yone a clothe as hyde as ỹ mayſte be
tweyne ix ſtonys then take ℔ li of yᵗ ſame
⁊ pnt yᵗ to ix pounde of oyle ⁊ let it
boyle tyll yᵉ ix part be waſtyd then put
yᵗ to a pounde of wexe ⁊ of tyrentyne
⁊ all yᵉ othyr powdrys ⁊ let it ſethe
wonle tyll it wexe thycke. then take it
from yᵉ fyre and whan it is colde put it
in to thyr boxe. thys oynement is good
for the ſtraw and for akynde of yᵉ Rybbys
ffor all ſchrympyd and dyre ey[illegible]
it makyth them nethe if it be anoyn
tyd a zenſt yᵉ ſonne and for many othyr
dyſeſys it is vertuous good ⁊ holſome
Unguentu ad dextra ignis
Also for to make a noynteme[illegible]

of ye fyld take rode & thrus yt aft to
pondyr after take of ye Saschye rot
and Iuse of plantayn rot & Bruse ym
of lawe my[n]te rot & and make ther off
a nopritment and than Applede to on & do
the and leye it to a thryng or to a scal
thyng And leye a thynus betwyx ye wonde
ond and it schall hele it so yt it schall
neuyr be seyn for it tyrethe thys or
nsm ent hath be applyed

Item for a fare flematich

Also for to make an oynement for to put
A weye ye sores ffrowme in the vyssage
take gely made of ye watyr of lylly
rotys and fryste the fowrys after and rot
and of hyssop rot ffalcumpane rot of
oynon rot & dr and hyll of make thys
oynement for thys hath be proved best
good dyuerse tymys & dyuerse Apon
for ye gowte & Rhewm

Also for to make a sovereyn oynement
for gowtys & rhumatys take sothern
wode rot hawthorn & of wegwrede rot
hawstalk & a good quantyte of rede rose
leuys. Stampe thes and strayn and put thes
to a nerve of thes and potte grece yt to A

potell of wyne wrighte or yede And lete
them stonde to gedyr a daye and a nyghte
then grotte ther to a potell of oyle olyfe
and let thend boyle to gedyr tyll the wy
ne be consumyd then strayne it thro to a glasse
and eny moysyng take a grauelyte and ma
ke it hote a zenst ye fyr and a noynt the
place but not atte cleyd in no wyse And
wrigan it is anoyntyd ley ther to a blak
labys skyn on te wyrd

Emplastyn Oxycroceu

Also hyr be the makyng of playstyr
and fyrste to make ye playstyr Oxycroceu
the wrichch is compowndyd of Oxi that is
egre and in latyn Exa is wynegyr and
of Caffron thys playstyr is mad namely
for ache of bonys it mollyfyeth and dys
pleseth hard Apostymes in what pty
of the bodye that ye be and after olde
Empreus it is callyd a pusshall playstyr
for ache and bylswolle

Emplastyn Thebentyne

Also for to make thys playstyr Tbentyn

oxicrotū
oxi; crocū
vin; saf.

Recipe cere ℔ ij rosett ℥ j thus is maste
an ℥ j oyle ℥ iij medle ℔ j of thpentyne ℥
iij virtella anoy iij fayne frieg ℥ vj bo
yle ℥ j.

℞ Jesum

Also for to make thys emplaystyr Jesum
take wax rosyn. ℔ rosyn. ℔ pyche talow
an ℥ j. Thpentyne oyle an ℥ iij ceruse
℥ iij salt petre ℥ iij lapis magnetis lapis
calaminaris an ℥ x incorporyd ℥ j.

℞ Desplenij

Also to make ye emplaystyr desplenij take
ye oyle oliff ℔ ij ye pyche iij ℥ wax
℥ vj lagdam iij ℥ litarge xij ℥ bydro
cras iij ℥ galbam iij ℥ boyle the litarge
in ye oyle ℔ when it is thykke put ye to
thy pyche the wax the litarge & to
the laste ende put ther to

℞ Dnum epti

take litarge ℔ j ℈ et galbanj ℥ j ar
moniak ℥ j ℥ j sagapenj ℥ j wax iij ℥
olibanj ℈ iiij an ℥ j bedellium litarge
℥ j Asty plongis longa ℥ j oyle oliff ℔ j
℈ ß. and thus shall ye make ye playstyr

Take galbanum armoniak appoinat and put
them in a vessell and covir them w̄ vyne
vyr & let them be dyssolvyd yn a daye &
a nyght and whan ye have do so set it
ovir the fyr & boyle them wonto yᵉ vyne
be wastyd. then strayne them thorow a
clothe & let it stonde. then take halfe
a pownd oyle & halfe a pownd wexe & set
them ovir the fyr in a clene vessell
& melt them to gedyr. & whan it
is moltyn do in thy lytarge & let them
boyle to gedyr tyll yᵉ colour be changyd
& all wexe fleyn it well yᵗ yᵉ lytarge
fall not downe to yᵉ pans bottm yan set
it downe & take a pownd of pytche yᵗ is to
seye yᵗ of a pytche of oyle & wexe & do thym
in a clene vessell as yᵗ of is be fore &
melt them & put a pownd strynyd frankynsens yᵗ to
& put all in yᵉ vessell to yᵉ lytarge & set it
ovir yᵉ fyr & let it boyle. then lose yᵗ
ye have all a pownd of eny compost in styke
powdyr & loke yᵗ yᵉ vessell be not ovir
yᵉ fyr whan ye put in a pownd of powdyr
& as ye stry ar them in fleyn it well & w̄
in a lytell whyle after put in a pownd of

and a lytyll after put ȝoure mygh[t] to[gyd]re
after ȳ astrologia toga ⁊ m[a]k a rowyle aft[er]
put ⁊ ȝowr ȝ encense olibanu[m] ⁊ bedyhand ⁊
stepe it well alwaye thei[n] after set it
ouer ȳ fyre ⁊ let all ȳ togyder stonde to
gedyr. ⁊ if ȝe wyll wete nohand it is so
dyd I now thappe ȳ of my doppes ⁊ a dyshe
full of watyr ⁊ if it be hy[t] blak as ynke
⁊ cold as blode ⁊ hard. Honde thei[n] it
is boylyd I nowe ⁊ thand take it downe ⁊
stepe it tyll it be colde thand make it
be trayd thyn houdys no oyle oluyne ⁊
wose it to thy wose for it is a soueyn medyc[yn]e

¶ The secund

Also for to make emplast[r] secund goode
⁊ make mosbe ⁊ mommak. Take lytarge
and ceruse an[d] of eyc albe [illegible] and olo
pasty ⁊ myng them togyder ⁊ drynke ⁊ mas
tyd olibanu[m] an[d] ⁊ camphore ⁊ powdyr
of ȳ sheell of horsmosshys ⁊ put it in
mastyc

¶ Tregale

Also for to make thys emplast[r] tregale
good ⁊ mommak. Take antymony of ȳ gold
smythy ⁊ of eche ij oys ⁊ plast[r] de

z wrighte lede wt z and stronge eyther on wot
tyme key it on A moller & grynde it wo a stoon
& as yᵉ eyther wo[r]kyth a lowgh[e]r yᵉ stoon ge
dyr it wrappe & ostruppe it as it may suffy
ce to yᵉ fyr it schall gele yᵉ maladye

for yᵉ appelyarid

Also for to make thys Emplayst good to ge
le a body of yᵉ myghtyarme take yᵉ Juse of
aythaum[er]yll & of gyromd yᵉe gey be bruet
pulvell pratt. an. of womays myche wt ff
fulle a lytyll flowr & yᵉ powdyr of sagmo
dyacoms z wt make of yᵉ a plaust & key it
it colde to yᵉ myddle of thyn hede & yᵉ
yᵉ eyeveacons is & so a wrighle it wyll
do it ese

Also for yᵉ myg[ra]ne a noy[n] mad emplayst
take wt or wt[h]out ogmons & pyg a day
yᵉ Juse & pyke out yᵉ ey of them & put
yᵉm powdyr of olibanu & grune aybria
& set them i yᵉ cuppe tyll yᵉ be tendyr yᵗa
bayne them in A mortar & key it hote to
yᵉ bryndyr ende of yᵉ hede of yᵉ pacyent
& it schal wo[r]kyne yᵉ abyng for yᵉ fyr ende

for yᵉ ayeg[ra]ne & swymyng
i the hede

Also for yᵉ myg[ra]ne & for yᵉ swymyng
i yᵉ hede stoffe do bop yᵉ sere bore

onyȝe or treyȝe be treyȝ yᵉ ſchwldyȝe & then
take iiij ᵈ wyȝte of yᵉ yete of peletyr of
ſpayn halff a ᵈ weyȝt of ſtrykuayȝ and pou
dyr ett. boyle thẽ in A pynte of wyne etyr
tyll halff be waſtyd. then ſtrayn it to a ſtro
ſer ſtuff of hony & thryes as mochȝ of it
moryȝ & medyr thẽ tuell to gedyr &
whan yᵉ ly cowyȝ is colde take ȝ of halff
a ſponfull after mete & as mochȝ be foȝ
wonyȝ it yᵉ vi dayes. holde yᵉ ly cowr
thy mouthe tyll it be ſtuff of watyr yat
voyde it in a baſſell & yᵉ medycyn tayk
ꝓoyſes yᵉ hede of yᵉ myddyne ꝓoſtynd &
ſowr then take iij ᵈ wyȝte of yall of
peletyr of ſtrayne not ponderyȝ but
hole dyced & iij ᵈ wyȝte of ſuſtoſtyn
& ſtaunſakyr hyde a lytyll of eche of
thẽ in A lynyn clothe & ſtrut it ij or iij
ȝ mowthe be twyȝt ȝowr teth & chewe
yᵉ of & it wyll clenſe ȝowr hede of
all wykkyd hymorowrs ℣

1 ſtaunſakyr

ffor yᵉ ſtaunkyr

Alſo for yᵉ ſtaunkyr & yᵉ mowth & me
dycyn to dyſtroyȝ it. take a ſponfull
of vynegyr & as mochȝ of ſtrongyr wotr
& halfe ſo mochȝ of ſtrong ſchyrde hony
& a lyttyll ſtampe hem ſmall in a mort

put yᵗ to a lytyl bysent Alowe & yaw take
it wp & dyces it & wrigan it is dyce
bet it i powdyr & kepe it tyll yow
dyr hatly be of the grene & new sayled
Also for yᵉ dyssesse of the grene take &
a ffyllow of mosshyde & a quarte of hony
& ij Boyle yᵉ in mans of a playstyr
key it hote i yᵉ hole of yᵉ wellke

for A wownde i a
mays hede

Also for a wownde i a mans hede take
yᵉ hede ole wexte tansey gempe hors
mynt hede nettyll wyer vyppys & as
mocke of madyr as of all thes. Stampe
hem to gedyr & sethe them in wyn and
eaf hyrid to dyssuke. And if ytt come owte
of yᵉ wownde it is sygne of long lyfe
especyally if he bhake not vaid sythe
yᵉ wownde & save yᵉ bonys yᵗ ben bhokyn
so yᵗ yᵉ torwche not yᵉ leye & if yᵉ wownde
blede fast wrygge it w a softe lynyn cls
the. then kepe a softe lynyn clothe owyr
yᵉ wownde & take wheate flowyr fayre
bwolyd & styrre it owyr yᵉ clothe. then

lett a woman yᵗ ꝺeꝛeyth a knaue chylꝺe ſoꝛke
yf yᵗ ſeke be a mann lett hyꝛ mylke yᵗ wꝛppe
ow ꝺ lege a nothyꝛ clene clothe yᵗ wꝛp ow ꝺ
ſhowe it wᵗ flowyꝺ as yⁿ ꝺeꝺyſt yᵗ oy ꝺ of
ye mylke alſo oft ꝺ it be wete yan hyꝺe hyꝺ
yᵗ hede ꝺ lett it be tyſt ow yᵉ mouthe
thaw ouhylle it ſoftly ꝺ yf yⁿ ſt a bone yᵗ
ow as it weꝛ a ſkyll yᵗ ſtandyth on the
wꝛatyꝛ wꝺaw it ſenyth thew it is ſycke
of ꝺethe And yf yⁿ ſe yᵗ yᵉ taye ſkꝛ as
it weꝛ a blak ſkynne welbe of an qꝛtyꝛ
it is a tokyn yᵗ yᵉ taye is hyſtyn and yᵗ
is ſycke of haſty ꝺethe. And yf yᵗ be now
of theſe ſygnes thew yeſe hꝛ to ꝺyuk
euꝛy ꝺaye tweyce or at moſtꝛ ꝺ at euꝛy
ſuche dyſke as caſtyth owte hyſke bonys
Thew take pruhyoll hyall pruhyoll morow
tyn wyth bugle. Anhyſe ꝺ clyꝺon the
weſt ꝺ ſede nettyll ſeknys ache ꝺ wey
hed Tanſey moſt ayatſelon ꝺ betony
aña ſtampe thew well to ꝺedyꝛ ꝺ me
dyll them wᵗ ſtꝛynge hyſe ꝺ a lytyll
hony ꝺ ſtꝛayne wꝛp ꝺ wꝺaw all theſe
be ſtampyꝺ ꝺ medlyꝺ to ꝺedyꝛ do thew a a

clene vessell & do yᵗ to wthyte wyne & let
it stande a day & a nyght & ouer yᵉ moyors
sette it well & ffyne it thoroughe a cloth
wthyll it is hote & yᵗ wᵗ a mornt yᵉ fyne all
a bowte for it wyll dyve bothe holsom
gode & delytable

A Salve for
all sores

Also for to make a comyng salve for all
sores ffyrst take ij Ounces ffull of honye
& iij ffull of strong eyser & put it to
gedyr & melte it then take a fayr sore
wyd basen & put yᵉ hyrony yᵗin And
stere it tyl it be broke wayne yeid take
a handfull of vyneger & tampyr it yᵗ wᵗ
then take whete flowr & put it ther
to & stere it well & yᵉ thowgh ynd wn to it
yᵗ schold yᵉ basen

Take prosyn & ij oyld wax ffrankence
& ffloo vngnetary a quarter of an vnce
of mastyke & vnce of heytys suet
A quarter of Camfyer then lay the
prosyn yᵉ ffrankencense & yᵉ mastyk as
smalle as it may be & then melte the

Also my Joynd of ouer hempe
my knottys from yᵉ tow & yᵉ
Joynd of ambrod knottes &

Veryd wex & yͤ heyth ſtrayt to geddyr & yaw put
in yͤ bayed ennes a ſpanne & wolyaw it
ſo moldyng thew ſtreyne it theyre a clothe
& put yͤ to a potell of whyte wyne & bey
le theym all to geddyr yaw take it downe
& let it kele a lytyll yaw put yͤ to a
q̃ter of ſpentyd & yͤ camfyr & yaw ſtey
to tyll it be colde

Ad faciēdū mcaustū m ena q̃titate ſt dū quart
aque plumahs ℥ ß gallar dī quartron coppaſe
℥ i gūmi arabici · pº mponāt galle & ībū coqnāt
paſtea gūmi & ſit coqnāt ct damū coposē & nō
coqnat ß amouēdat q̃ouſq; infrigidat

Contra ſudorē & peſtem

Take of powder imprialt ij℔ weyght of powder of ſettwel
the weyght of iij℔ of tryakle of ſene the q̃ntite of
i bene put them in to ſtale ale & ſter thym to geder
& dryncke hyt blode warmē